

Wellness Passport

	Age:
Name:	
Medications:	



Take charge of your health!

ERECTILE DYSFUNCTION (ED). ASK ABOUT IT. IDENTIFY IT. TREAT IT.

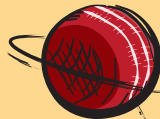
TESTOSTERONE (T). CHECK IT. RAISE IT. KEEP IT.



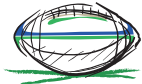
Bayer HealthCare

TEN POINTERS TO MEN'S HEALTH

- Know your health status with an annual medical check-up.
- Know your ideal weight and maintain it.
- Watch your salt intake.
- Eat a well-balanced diet containing a variety of foods in appropriate portions, high in carbohydrate and low in saturated fat and sodium.³
- Do not smoke.
- Take medicines as prescribed by your doctor.
- See your doctor regularly.
- Exercise regularly.
- Live a healthy life!
- Drink alcohol in moderation.



LET'S TALK BALLS



A campaign that aims to educate men about important health issues, to encourage them to seek medical help timeously - and to sensitise men about specific conditions such as Erectile Dysfunction (ED) and Testosterone Deficiency Syndrome (TDS) that can have a detrimental effect on men's health.

ERECTILE DYSFUNCTION (ED). ASK ABOUT IT. IDENTIFY IT. TREAT IT.
TESTOSTERONE (T). CHECK IT. RAISE IT. KEEP IT.

It is common practise for men to talk easily about the latest ball games rather than seek help related to their health. It is important for men to address their health concerns by seeking early medical treatment (attention) for male related conditions.

Regular health check-ups and tests with your Healthcare Practitioner can detect problems early, when your chances for treatment and cure are better. By getting the right health services, screenings and treatments, you are taking steps that will help you live a longer, healthier life. You owe it to yourself and your family.

Know your health status

Not everything involving balls is a game

HEALTH RISK	MEASUREMENT	BASELINE	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6	YEAR 7	YEAR 8	YEAR 9	YEAR 10
		Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Blood Pressure	mmHg										
Fasting Blood Glucose	mmol/L										
Cholesterol	Triglycerides (TG)	mmol/L									
	High Density Lipoprotein (HDL)	mmol/L									
	Low Density Lipoprotein (LDL)	mmol/L									
Waist Circumference	cm										
Height	cm										
Weight	kg										
Prostate Specific Antigen (PSA)	n/ml										
Digital Rectal Exam (DRE)	Date										
Sex Hormone Binding Globulin (SHBG)	nmol/L										
Free testosterone	pmol/L										
Total Testosterone	nmol/L										
Exercise	30 min/day ⁴										
Erectile Function	International Index of Erectile Function (IIEF) (SHIM) Score										
Aging Male Symptoms (AMS) Score	Somatic Psychological Sexual										