

Checklist for Healthy Aging

Blood Pressure

Breast and Prostate Exam

Cholesterol Test

HIV Test



Have you checked your HIV status?

Aging can be hard; aging with HIV can be harder!

GET INFORMED, GET TESTED

Free and confidential HIV testing is available throughout New York City.

For more information call: 1-800-541-2437 or 1-800-TALK-HIV or go to: www.hivtest.org



Funded by: The New York City Department of Health and Mental Hygiene

Checklist for Healthy Aging



Breast Exam



Bone
Density



Blood
Pressure



HIV Test



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Prostate Exam



Diabetes Screen



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Breast Exam



Hormone
Levels



Cholesterol
Test



HIV Test



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