



BACK NINE HEALTH

Men's Health Checklist for the Back Nine

A practical starting point for men who want more energy,
better habits, and smarter conversations with providers.

Your Second Half, Stronger

BackNineHealth.com

This guide is educational only and does not provide medical advice, diagnosis, treatment, or prescriptions.
Always talk with a licensed healthcare provider about symptoms, testing, and treatment decisions.

Start here

This checklist is designed to help you organize the basics before you make decisions about men's health, online care, ED treatment, testosterone, weight, sleep, labs, or general performance. It is not a diagnosis tool. It is a way to get clearer before you talk to a licensed provider.

How to use it

- Mark the items that apply to you.
- Write down questions before a visit.
- Bring recent labs or medication lists if you have them.
- Do not start or stop medication based on this guide.

Quick self-check

- I feel more tired than usual.
- I have gained weight or lost muscle.
- My mood, focus, or motivation feels off.
- I am unsure what questions to ask a provider.
- My sleep quality has slipped.
- My sex drive or performance has changed.
- I have not had labs checked recently.
- I want to compare online care options carefully.

Red flags to take seriously

Seek prompt medical help for chest pain, shortness of breath, sudden weakness, severe headache, fainting, vision or hearing loss, thoughts of self-harm, or an erection lasting more than 4 hours. This guide is not for emergencies.

1. Sleep and recovery

Sleep is one of the first places to look when energy, weight, mood, focus, and performance start feeling off. Adults generally need 7 or more hours of sleep per night, and persistent sleep problems are worth discussing with a healthcare provider.

- I usually get 7+ hours of sleep.
- I keep a consistent sleep and wake time.
- I do not regularly wake up gasping or choking.
- I have a wind-down routine that does not involve endless scrolling.
- I wake up feeling reasonably rested.
- I limit late caffeine, alcohol, and heavy meals.
- My partner has not noticed loud snoring or pauses in breathing.
- I know when poor sleep started or got worse.

Provider questions

- Could sleep apnea or another sleep issue be involved?
- Could my medications, alcohol, stress, or schedule be affecting sleep?
- Should I track sleep or consider a sleep evaluation?

2. Energy, fitness, and nutrition

Before assuming one hormone, one medication, or one supplement is the answer, look at the basics: movement, strength training, food quality, alcohol, stress, and consistency. For general health, adults are commonly advised to get at least 150 minutes of moderate-intensity activity weekly plus 2 days of muscle-strengthening activity.

- I walk or do cardio most weeks.
- I strength train at least 2 days per week.
- I get enough protein for my goals.
- I limit ultra-processed foods most days.
- I know my waist measurement and weight trend.
- I drink alcohol moderately or not at all.
- I recover well after workouts.
- I have a plan I can actually stick with.

Provider questions

- Could weight, blood pressure, cholesterol, glucose, or sleep be driving my symptoms?
- Are there safe activity limits based on my health history?
- What lifestyle changes would have the biggest impact first?

3. Labs and baseline health

Labs help turn vague symptoms into a more informed conversation. Low energy, low libido, ED, weight changes, and mood changes can overlap with many issues, so it is smart to review the bigger health picture instead of guessing.

Common topics to ask a provider about

- Blood pressure
- Lipids / cholesterol
- Thyroid markers
- Total testosterone
- A1C or fasting glucose
- Complete blood count
- Liver and kidney markers
- Free testosterone or related hormone markers if appropriate

Notes for testosterone conversations

Major medical guidance generally recommends diagnosing testosterone deficiency only when symptoms/signs are present and testosterone is consistently low on properly timed blood testing. Many guidelines emphasize repeat early-morning testing rather than making a decision from one result.

- Have I had more than one testosterone test?
- Were the tests done early in the morning?
- Do my symptoms match the lab findings?
- Have other causes been considered?

4. ED, testosterone, hair, and weight questions

Men's health topics often overlap. ED can be related to blood flow, nerves, hormones, medications, mental health, lifestyle, and other health conditions. Hair loss, weight, energy, and testosterone concerns also deserve a careful conversation instead of a quick guess.

ED and sexual health

- When did the issue start?
- Are morning erections changed?
- Any chest pain or heart-related symptoms?
- Is it occasional or consistent?
- Any new medication, stress, alcohol, or sleep changes?
- Have I reviewed this with a licensed provider?

Weight and metabolism

- What has my weight done over the last 6-12 months?
- Have I tried a sustainable nutrition and movement plan?
- Do I know my A1C, blood pressure, and cholesterol?
- Do I understand costs, follow-up, and side effects for any medication option?

Hair and confidence

- How long has hair loss been happening?
- Have I asked about side effects and timelines?
- Do I know the difference between topical and oral options?
- Can I stay consistent for months, not weeks?

5. Choosing an online provider

Online care can be convenient, private, and useful. But the best experience still requires good questions. Back Nine Health does not provide medical care or prescriptions. If you continue to a third-party provider, that provider handles eligibility, diagnosis, treatment, prescriptions, and follow-up.

Before you choose, ask:

- Is care handled by a licensed provider?
- Are labs required or recommended when appropriate?
- How are side effects handled?
- Can I cancel or pause easily?
- Is pricing clear before checkout?
- What happens if I am not eligible?
- How easy is follow-up?
- What is included and what costs extra?

Simple comparison table

Question	Provider A	Provider B
Licensed provider review?		
Clear monthly price?		
Labs needed?		
Follow-up process?		
Medication / treatment details clear?		
Cancellation policy clear?		

6. Your notes before a visit

Use this page to get organized before talking with a licensed provider.

Top symptoms I want to discuss

When they started or changed

Current medications, supplements, or health conditions

Questions I want answered

My next step

Final reminder

The back nine is where smart decisions matter. You do not need to panic, chase every trend, or jump straight into treatment. Start with the basics, get organized, ask better questions, and use licensed professionals for medical decisions.

Visit BackNineHealth.com for practical men's health guides on energy, ED, testosterone, weight, sleep, labs, fitness, nutrition, and online care options.

Medical and affiliate disclosure

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Reference points used for this checklist

- CDC: adult sleep duration guidance and general sleep-health information.
- CDC: adult physical activity guidance, including aerobic and muscle-strengthening recommendations.
- NIDDK/NIH: erectile dysfunction symptoms, causes, diagnosis, and treatment overview.
- Endocrine Society and American Urological Association: testosterone deficiency diagnosis guidance, including symptoms plus repeat early-morning testing.