

TAKE CARE OF YOUR ONE-OF-A-KIND SELF



Preventive health screenings for men

To help keep your one-of-a-kind self in top shape, it's important to keep up with the preventive screenings for the following.

- › **Blood pressure:** Have your blood pressure checked if you are age 18 and older.¹ Make it part of your preventive health care visit. Depending on the results, your doctor will suggest the frequency of your screening. Uncontrolled high blood pressure can increase your risk of having a heart attack and stroke.
- › **Colorectal cancer:** If you're age 50 and older, getting a screening test for colorectal cancer could save your life.¹ If you have a family history of colorectal cancer, you may need to be screened earlier.¹ Talk with your doctor to decide which type of test is best for you.
- › **Diabetes:** Get blood glucose checked as part of your cardiovascular risk assessment when you are age 40 or older and are overweight or obese.¹ Talk with your doctor about your risk factors.
- › **Healthy weight:** Body mass index (BMI) is calculated using your weight and height. Check your BMI annually to identify weight concerns that may lead to health problems.
- › **Immunizations:** Immunizations can help protect you from harmful infections. To find out what vaccines you may need, talk with your doctor.
- › **Prostate screening (PSA):** If you're age 50 and older or age 40 with risk factors, discuss this screening with your doctor to see if it's right for you.²

This screening information serves as a guideline only. Knowing certain test results will help you and your doctor better understand your health and see where you might need to make improvements. So, during regular checkups with your doctor, be sure to discuss your screenings and your health risk factors.

1. U.S. Preventive Services Task Force. "USPSTF A and B Recommendations." <http://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/> (current as of April 2016).
2. WebMD. "Digital Rectal Exam for Prostate Problems." <http://www.webmd.com/colorectal-cancer/digital-rectal-examination> (accessed June 6, 2016).

Together, all the way.®



This is intended to be general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.