

# 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 during your preventive health visit. Depending on the results, your doctor will advise you on 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. If you have a family history of colorectal cancer, you may need to be screened earlier. Talk with your doctor to decide which type of test is best for you.

**Diabetes:**\* Get tested if you're at risk for diabetes. 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 protect you from harmful infections. To find out what vaccines you may need, talk with your doctor.

**Prostate screening:**\* Please discuss prostate screening with your doctor to see if it is right for you.

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. To find a local doctor, visit our online provider directory on [myCigna.com](http://myCigna.com) or call the toll-free number on the back of your Cigna ID card.

Please check your plan document for coverage details, or call customer service at the number on your Cigna ID card for information about your coverage.



Together, all the way.®

\* Centers for Disease Control and Prevention, "Prevention Checklist," <https://www.cdc.gov/prevention/index.html>. Updated 12/23/2015.

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