



# REDUCE YOUR RISKS. GET HEALTH SCREENINGS.

## Men's Health

It's a fact of life: Taking good care of your health includes preventive care. Preventive care includes going for medical tests. Screening tests can find diseases before you have symptoms. This is when there's a better chance for a treatment or a cure. That's why it is so important to get regular health screenings.

Below is general information on when men should get health screenings. If you have a higher risk for a disease because of your health history, you may need to get a test sooner or more often. Talk to your doctor.

### Important screenings for men

- › **Blood Pressure** – every year if you are ages 40 and over or have increased risk for high blood pressure; every 3–5 years if you are ages 18–39 with normal blood pressure and no other risks<sup>1</sup>
- › **Colon Cancer** – start at age 50, if you have risks like a family history of colon cancer you may need to be screened earlier<sup>2</sup>
- › **Cholesterol** – after age 35, unless you have other risk factors<sup>1</sup>
- › **Prostate Cancer** – start talking with your doctor at age 50, earlier if you have risk factors<sup>3</sup>
- › **Depression** – if you feel sad, hopeless, or lose interest in activities you used to enjoy
- › **Diabetes** – get blood glucose checked as part of your cardiovascular risk assessment when you are aged 40 or older and are overweight or obese.<sup>1</sup>
- › **Overweight and Obesity** – find out your body mass index (BMI) from your doctor or online
- › **Abdominal aortic aneurysm** (a dangerous bulge in a blood vessel) – between the ages of 65 and 75, if you have ever been a smoker<sup>1</sup>
- › Any other screenings you're concerned about like glaucoma, hepatitis C or skin cancer

Your doctor may recommend additional screenings for mental health or sexually-transmitted diseases (STDs) as well as vaccinations that you will need. Make sure to ask your doctor about which tests and vaccinations are right for you.

### What you can do today to get healthy

- › Be physically active and make healthy food choices.
- › Get to a healthy weight and stay there.
- › Get the vaccinations your doctor orders.
- › Be tobacco-free.
- › If you drink alcohol, limit it to two drinks or less a day if you're under 65. Stick to one drink or less a day if you're 65 or older. One drink is: a 12-ounce bottle of beer or wine cooler, a 5-ounce glass of wine, or 1.5 ounces of 80-proof liquor.<sup>4</sup>

Together, all the way.®





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 February 2016)
2. Centers for Disease Control and Prevention. "What Should I Know About Screening?" [http://www.cdc.gov/cancer/colorectal/basic\\_info/screening/](http://www.cdc.gov/cancer/colorectal/basic_info/screening/) (last updated February 17, 2016)
3. WebMD. "Digital Rectal Exam for Prostate Problems." <http://www.webmd.com/prostate-cancer/guide/prostate-cancer-digital-rectal-exam> (accessed September 16, 2015)
4. Agency for Healthcare Research and Quality. "Men: Stay Healthy at Any Age". <http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/healthy-men.html> (last reviewed March 2014)

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.

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