

KNOW YOUR NUMBERS

EAT MORE FRUITS AND VEGETABLES

# GIVE YOUR HEALTH RISKS A ONE-TWO PUNCH.

MANAGE STRESS

STOP SMOKING



EXERCISE

Your health is worth the fight. Many of men's top health risks can be prevented or successfully treated with early detection. That's why it's so important to get routine health screenings.

Use this guide to help you figure out when you should start getting health screenings and what kinds of things you can expect. Your doctor can help determine how often you should have the screenings based on your age, family history, lifestyle choices and results.

## Talk to your doctor about these key screenings

- Body mass index (BMI) – anytime
- Blood pressure – after age 18, then every two years
- Colorectal cancer – after age 50, unless you have a family history
- Cholesterol – after age 35, unless you have other risk factors
- Depression – if you feel sad, hopeless or lose interest in activities you once enjoyed
- Diabetes – if your blood pressure is higher than 135/90
- Abdominal aortic aneurysm – ages 65 and 75, if you've ever been a smoker

## What you can do today to get healthy

- Be physically active
- Manage your weight
- Stay up-to-date with immunizations
- Don't smoke
- If you consume alcohol:
  - two drinks a day or less if you're younger than age 65
  - one drink or less a day if you're 65 or older

Your doctor may recommend additional screenings for mental health or sexually-transmitted diseases (STDs), or vaccinations. Talk to your doctor to decide which tests are right for you.

For more information on ways to get healthy and stay healthy, visit [myCigna.com](http://myCigna.com).

**GO YOU**<sup>SM</sup>



Source: Men: Stay Healthy at Any Age. AHRQ Publication No. 10-IP004-A, September 2010. Agency for Healthcare Research and Quality, Rockville, MD. [www.ahrq.gov/ppip/healthymen.htm](http://www.ahrq.gov/ppip/healthymen.htm)

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