Preventive health screenings for men

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

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 every two years. 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.

Cholesterol: High cholesterol is a serious risk factor for coronary artery disease, heart attack and stroke. Have your cholesterol checked, starting at age 35 or older, or age 20–35 if risk factors for heart disease are present.

Colorectal cancer: If you're 50 or 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: All adults with a blood pressure reading greater than 130/80 should be screened for diabetes.

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.

Prostate screening (PSA): Men age 50 and older or age 40 with risk factors, should have a PSA blood test. Discuss the frequency of the testing with your doctor.

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** or call the toll-free number on your Cigna ID card.

Many plans cover preventive care at 100%. If your plan does not have 100% preventive coverage, deductibles and coinsurance costs may apply. Please check your plan document for details, or call customer service at the number on your Cigna ID card.

GO YOU℠

Cigna®