



HELP REDUCE YOUR RISKS. GET HEALTH SCREENINGS.

Men's health

Getting preventive care and recommended screenings can help detect health issues earlier, when they're often easier and less costly to treat. Your health is worth it.

Here is some 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 earlier or more often. Talk to your doctor.

Important screenings for men

- › **Blood pressure** – Adults should start getting screened at age 18.¹
- › **Colon cancer** – Starting at age 50. You may need to get screened earlier if you have other risks, such as family history.¹
- › **Cholesterol** – Talk with your doctor about when and how often to get your cholesterol checked.
- › **Prostate cancer** – Start talking with your doctor at age 50, or earlier if you have risk factors.²
- › **Depression** – Ask for a screening if you feel sad, hopeless or lose interest in activities you used to enjoy.
- › **Diabetes** – Get blood glucose checked as part of your cardiovascular assessment when you are age 40 or older and are overweight or obese.¹
- › **Overweight and obesity** – Keep track of your body mass index (BMI) from your doctor or online resources.
- › **Abdominal aortic aneurysm** (a dangerous bulge in a blood vessel) – Starting between age 65 and 75, if you have ever been a smoker.¹
- › Any other screenings you're concerned about, such as glaucoma, hepatitis C, mental health, sexually transmitted diseases (STDs) or skin cancer.



Get healthier today

- › Be physically active and make healthy food choices.
- › Maintain a healthy weight.
- › Get the vaccinations your doctor recommends.
- › Be tobacco-free.
- › If you drink alcohol, limit it to two drinks or fewer a day. 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.³



Talk to your doctor about all of your screening needs. Also ask about tests and vaccinations that might be right for you.

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 2019).
2. Mayo Foundation for Medical Education and Research. "Prostate cancer screening: Should you get a PSA test?"
<https://www.mayoclinic.org/tests-procedures/psa-test/in-depth/prostate-cancer/art-20048087> (February 5, 2019).
3. Centers for Disease Control and Prevention. "Alcohol and Public Health – Frequently Asked Questions."
<https://www.cdc.gov/alcohol/faqs.htm> (last reviewed March 29, 2018).

This is 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., Cigna Health Management, 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. All pictures are used for illustrative purposes only.