



BlueCross BlueShield of Illinois

WELLNESS  CAN'T WAIT



Wellness Can't Wait

- ☒ Catch up on your favorite show
- ☒ Get a haircut
- ☐ **Schedule a wellness visit**

Some things should be checked first.



HAVE YOU PUT OFF VISITING THE DOCTOR OR HOSPITAL? YOUR WELLNESS CAN'T WAIT.

Now is the time to get caught up on annual exams and needed checkups — especially if you have chronic conditions such as COPD, diabetes or high blood pressure. Regular care visits are very important to help you and your family stay healthy.

Adult Health – for ages 18 and over

Preventive care is important!

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco
- Limit alcohol use
- Strive for a healthy weight

Women's Health

Women have their own unique health care needs. To stay well, women should regularly meet with a provider for:

- Mammogram for women 40 or older, exam for breast lumps for women ages 18+
- Cholesterol check
- Cervical cancer screening
- Pap smear should be conducted every three years starting at the age of 21
- Full body skin check to examine for suspicious moles or skin lesions
- Low-dose aspirin use

Men's Health

Men are encouraged to get care as needed and make smart choices.

That includes following a healthy lifestyle and getting recommended preventive care services, such as:

- Cholesterol check
- Prostate cancer screening
- Abdominal aortic aneurysm exam
- Full body skin check to examine for suspicious moles or skin lesions
- Low-dose aspirin use

Child Health

Support the healthy development of your infant, child or adolescent by scheduling regular clinical preventive services, such as:

- Blood pressure screening
- Vaccinations
- Development screening
- Vision and hearing screening

Your wellness can't wait — delaying needed health care – including vaccinations, mammograms, colonoscopies or critical screenings – can have significant impact on the long term health of you and your family. Get caught up today!

For more information, visit
<https://connect.bcbsil.com/wellness-cant-wait>

Talk to your doctor about other risk factors and to decide which tests are right for you.

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