



BlueCross BlueShield of Illinois

WELLNESS  CAN'T WAIT

## Men, Make Your Health a Priority



## Wellness Can't Wait

- ☒ Mow the lawn
- ☒ Walk the dog
- ☐ **Schedule annual checkup**

**Some things should be checked first.**

**Preventive screenings are important for your health.** Screenings help find hidden health problems early, before you have symptoms and when they are easier to treat. **Your Wellness Can't Wait.** Now is the time to make your health your priority.



## IF YOU HAVE INSURANCE, YOUR HEALTH PLAN COVERS A NUMBER OF PREVENTIVE SCREENINGS\* AT NO COST. THAT MEANS YOU WON'T HAVE TO PAY ANYTHING WHEN YOU GO FOR YOUR EXAM.

The type of screening tests you may need depend on your age and other risk factors. Below is a list of some of the screening tests that are important for men to have.

The Centers for Disease Control and Prevention (CDC) says the five top causes of death in men are heart disease, cancer, unintentional injury, lung disease and stroke.

- **Cancer:** Every year, more than 300,000 men lose their lives to cancer. The most common cancers for men are skin, prostate, lung and colorectal. It is important to get regular cancer screenings. Talk to your doctor to find out what kinds of screening you need and how often.
- **High blood pressure:** High blood pressure or hypertension doesn't always come with signs or symptoms, so it's smart to get tested. If your blood pressure is high, your doctor can talk with you about how to bring it down.



- **High cholesterol:** Having high cholesterol leaves you at risk for developing heart disease or having a heart attack. Men over the age of 35 should get a cholesterol test regularly.
- **Type 2 Diabetes:** If you have high blood pressure, it may be a good idea to get tested for type 2 diabetes, too. If it's not managed properly, diabetes can lead to other health problems. In fact, people who don't know they have type 2 diabetes have a much higher risk for stroke and heart disease.
- **Depression:** Don't forget about your mental health. It's as important as your physical health. If you are feeling sad and hopeless for more than two weeks, you may want to talk to your doctor about getting screened for depression.
- **Vision and Hearing:** If you are having vision or hearing problems, go in for a screening. Both are covered by your plan.



\*Preventive services at no cost applies only to members enrolled in non-grandfathered health plans. You may have to pay all or part of the cost of preventive care if your health plan is grandfathered. To find out if your plan is grandfathered or non-grandfathered, call the customer service number on your member ID card.

Source: [An Update on Cancer Deaths in the United States](#), CDC, 2022