

PREVENTIVE CARE FOR MEN

KNOW YOUR NUMBERS, KNOW YOUR HEALTH.

- ✓ Help detect health issues earlier when they're often easier and less costly to treat.
- ✓ Your health numbers can tell you a lot about your overall health.
- ✓ It's important to know these numbers as they can be key indicators of serious disease.
- ✓ Your health is worth it!



Important Vitals for Men - KNOW YOUR NUMBERS!

- ❑ **Blood pressure: Normal blood pressure should be less than 120 mmHg/80mm Hg.** Adults should start getting screened at age 18. High blood pressure increases your risk for heart disease, stroke, and kidney disease. Often has no warning signs or symptoms.
- ❑ **Cholesterol: Normal total cholesterol should be less than 200 mg/dL.** Cholesterol screening is part of your Annual Wellness visit with your Primary Care Physician.
- ❑ **Diabetes Risk (Glucose) using Hemoglobin A1c: The Hemoglobin A1c should be less than 6.0%.** Glucose screening, using a test called Hemoglobin A1C, is part of your Annual Wellness visit. It is important in the early detection and treatment of diabetes.
- ❑ **Evaluating for obesity using Body Mass Index (BMI): A BMI more than 30 kg/m2 indicates obesity** and a need for a reduction in weight. BMI measures body fat based on height and weight. The more body fat you have, the higher your risk for high blood pressure, heart disease, diabetes, stroke, and even certain cancers.

Get healthier today.

- ✓ Take steps to help improve your weight.
- ✓ Get active and make healthier food choices daily.
- ✓ Talk to your doctor about recommended vaccinations.
- ✓ Be tobacco-free. If you smoke or use tobacco, contact your Cigna Coaches to help you quit the tobacco habit.
- ✓ Talk to your doctor or call Cigna to learn more about alcohol and substance use disorders and how they impact the overall health and well-being.
- ✓ If you drink alcohol, limit it to one drink 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.



Talk to your doctor to find out which tests or screenings might be right for you or call Cigna at (800)433-1230.



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*U.S. Preventive Services Task Force. "USPSTF A and B Recommendations." <http://www.preventiveservices.org/Page/Name/uspsfaandbrecommendations> (current as of February 2019). **Centers for Disease Control and prevention. "Alcohol and Public Health - Frequently Asked Questions." <https://www.cdc.gov/alcohol/faq.htm> (last review ed 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.
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