

••• June is men's health month •••

Did you know men, on average, have shorter life spans than women? They also don't visit the doctor as regularly as women.

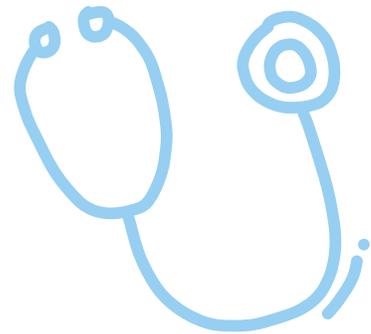
Regular checkups and age-appropriate screenings can improve your health and reduce the risk of premature death. Make an appointment today to see your provider.



Check yearly, regardless of your age!

Men's health screening checklist:

- Blood pressure
- Cholesterol
- Body fat
- Electrocardiogram (EKG)
- Complete blood count (CBC)



Don't be shy!

Men over the age of 40 or who have a family history of prostate cancer should get a Prostate Specific Antigen (PSA) screening yearly. PSA is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer.

Talk to your provider to decide when testing should occur for you.

If you have questions call our customer service number on the back of your member ID card.

Guys, when was the last time you went to the doctor?



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