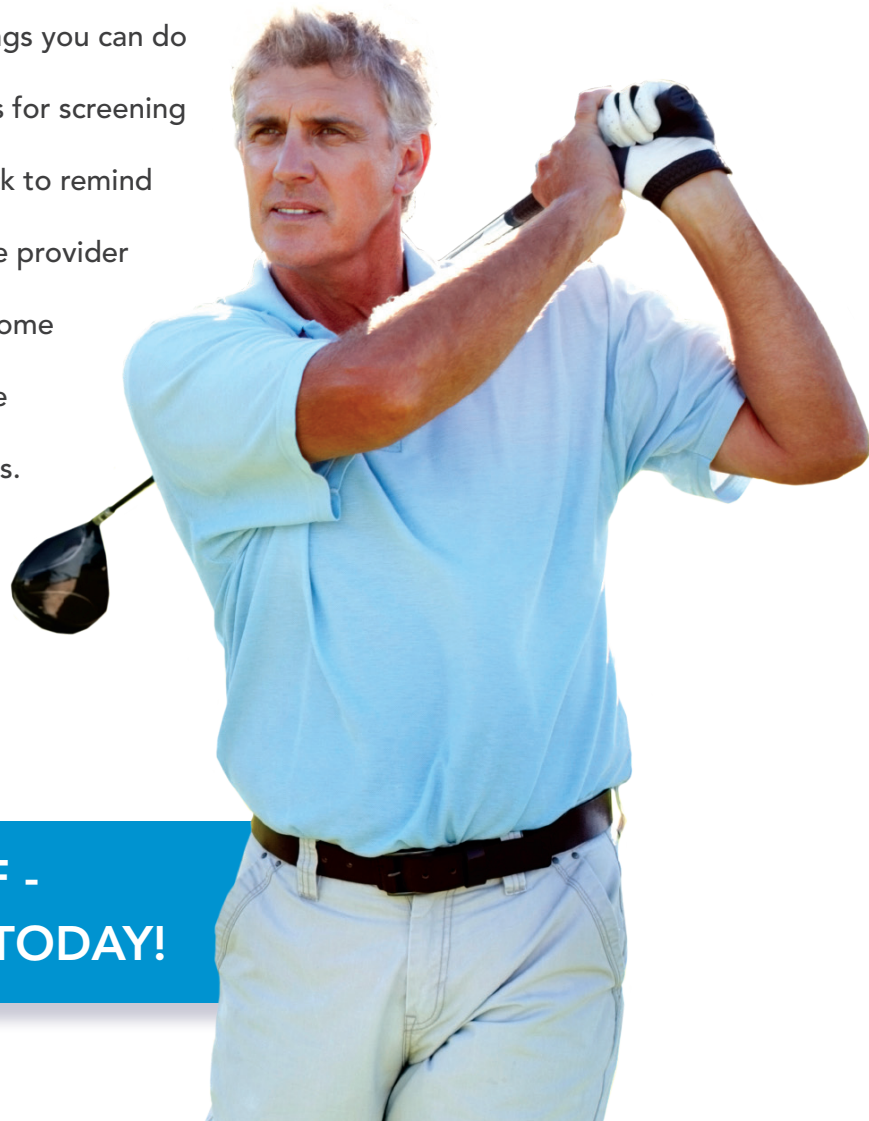


PREVENTIVE

Screenings and Examinations

For Men's Health

Getting regular check ups, preventive screening tests, and examinations are among the most important things you can do for yourself! Take time to review these guidelines for screening tests and examinations. Use the chart on the back to remind yourself of when you need to see your healthcare provider based on your personal health profile. Then, become a partner with your healthcare provider to decide when you need your screenings and examinations. Share your family history, speak up, voice your concerns and always ask questions.



**YOU OWE IT TO YOURSELF -
MAKE AN APPOINTMENT TODAY!**



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These screenings, examinations and other preventive services are recommended as part of your healthcare profile.

SCREENING TEST	AGES 18 - 39	AGES 40 - 49	AGES 50 - 64	AGES 65 & OLDER
Measure height and weight and calculate Body Mass Index	Annually			
Blood Pressure Test	At least every 2 years, more frequently if your blood pressure is greater than 120/80			
Cholesterol Test	Start at age 35, then every 5 years	Every 5 years		
Rectal Exam			Fecal Occult Blood Test yearly or Flexible Sigmoidoscopy every 5 years or Colonoscopy every 10 years	
Dental Exam	1-2 times every year			
Influenza Vaccine (flu shot)	Annually			
Tetanus-Diphtheria Booster Vaccine	Every 10 years			
Pneumococcal Vaccine	Discuss with your doctor if you have a chronic medical condition			One time only (two vaccinations, five years apart if you have a chronic medical condition)
Blood Sugar Test		Start at age 45, then every 3 years	Every 3 years	
Testicular Exam	Monthly self-exam; and part of a general checkup			

Make sure to talk to your doctor about the appropriateness of these additional tests & services for you.

- Sexually Transmitted Disease (STD) tests
- Other vaccinations or booster shots
- Mental health screening
- Mole exams
- Eye Exams
- Hearing Tests

Please note: This chart is only a guideline. Contact your healthcare provider to determine which tests and examinations best meet your healthcare needs. Please refer to your plan summary or contact customer service at 866.738.3924 for more information on plan benefits for these services.