



We understand the importance of keeping yourself and your family healthy. Men: you can help lower your risk of health problems by following these preventive steps.

1 Receive regular screenings

Health screenings can help prevent many health problems, and help find problems early, which often leads to better results. That is why it's so important to receive an annual physical from your primary care doctor. At your next checkup, ask your doctor about any of these screenings you might need.

Blood pressure reading	<p>If you are age 18 to 40 and you aren't at higher risk for high blood pressure, you should have your blood pressure checked every three to five years.</p> <p>If you are age 40 or older, or if you are at higher risk for high blood pressure, have your blood pressure checked once a year.</p>
Colon cancer screening	<p>If you are age 50 to 75, receive regular testing for colorectal cancer. You may need to begin regular testing before age 50 if colorectal cancer runs in your family. There are different ways to test for colorectal cancer. Your doctor can help you decide which test is best for you.</p>
Testing for type 2 diabetes	<p>If you are overweight or have other risk factors for type 2 diabetes, like a family history of diabetes, ask your doctor to test you for diabetes.</p>
Depression test	<p>All adults older than 18 years should be routinely screened for depression. Screening for depression refers to medical professionals asking about symptoms of depression, even if patients do not mention any symptoms. These can include feeling sad, hopeless, tired, or distracted, as well as losing interest in activities.</p>
Hepatitis C blood test	<p>one. If you are age 55 to 69, you should talk to your doctor about the potential benefits and harms of prostate-specific antigen (PSA)-based screening for prostate cancer.</p>
HIV testing	
Sexually transmitted infections	
Prostate cancer screening	

Receive the seasonal flu vaccine every year. It is the best way to protect yourself and others from the flu.
Make sure you have the Tdap shot to protect against tetanus, diphtheria, and whooping cough (pertussis).
Everyone needs to receive the Tdap shot once.

After you receive a Tdap shot, you should then have a Td shot every 10 years to stay protected against tetanus and diphtheria.

If you are age 60 or older, ask your doctor about shots to protect against diseases like pneumonia and shingles.



1 Office of Disease Prevention and Health Promotion: *My Healthfinder* (accessed October 2020); health.gov/myhealthfinder.
2 ScienceDaily: *ACC/AHA guidance for preventing heart disease, stroke released* (accessed October 2020); sciencedaily.com.
3 Healthline: *Should You Take a Low Dose Aspirin Every Day?* (accessed October 2020); healthline.com.
4 American Academy of Family Physicians: *What You Can Do to Maintain Your Health* (accessed October 2020); familydoctor.org.

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