

Studies show that men's health can improve with regular checkups and screenings

Getting a checkup each year is vital to your well-being and your loved ones' peace of mind. Your doctor may recommend screenings to help find health problems early — often before you have symptoms. That's when they're easiest to treat. Early treatment can help you save money on future health care costs. It can also save your life.

aetna™

aetna.com

45.03.177.1 A (3/19)

Healthy looks good on you

Do your best to feel your best

For your best overall health, get active and stay at a healthy weight for you. And if you smoke — quit. Your doctor can help.

Some of the most common health concerns for men include:

Heart disease and high blood pressure

High blood pressure and cholesterol, diabetes, carrying too much weight, moving too infrequently and smoking all put you at a higher risk for heart disease. Problems like irregular heartbeats and narrowing blood vessels can lead to chest pain or a heart attack.

So get your blood pressure checked at your next doctor visit. Normal blood pressure is thought to be anything below 120/80. If it's higher, talk to your doctor about what you can do to lower it.

Type 2 diabetes

Many people don't know they have type 2 diabetes. You may not have any symptoms, such as increased thirst, frequent urination, hunger, fatigue or blurred vision. However, this condition can lead to serious health problems. Be sure to talk with your PCP about screening.

Colorectal cancer

You can lower your risk by making healthy choices like eating right, staying active and not smoking. It's also important to get screened at age 45, which can help detect cancer early. African American men are at a higher risk. Talk to your doctor about screening.

Prostate health

The prostate gland is a small gland near your bladder. Sometimes the prostate will grow in size as you age. And that can make it hard to urinate. Your doctor may recommend a screening based on your health status or history.

Sexually transmitted diseases (STDs)

Anyone who is sexually active can get an STD. You can have one or pass it on without even knowing. You're at higher risk if you have unprotected sex or more than one partner. Tests can reveal many types of STDs.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company (Aetna).

This message is for informational purposes only, is not medical advice and is not intended to be a substitute for proper medical care provided by a physician. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna® plans, refer to **aetna.com**.

aetna™

©2019 Aetna Inc.
45.03.177.1 A (3/19)

aetna.com