



BlueCross BlueShield of Illinois



BlueResource<sup>SM</sup> – Protecting Your Health – Annual Men's Exam

## Make Your Health a Priority

Many men avoid going to the doctor. But an annual checkup can add years to your life. Here's what you can expect during your exam.

**Record your stats.** Measure and log your height, weight, body mass index and blood pressure so they can be followed over time.

**Talk about your health history.** Share info about illnesses, sexual health, exercise and diet with your doctor.

**Review your medications.** Track the medicines, vitamins, minerals and herbs you take to prevent possible drug interactions.

**Conduct a physical exam.** Check your heart, lungs, head, neck, testicles and lower abdomen for any signs of a hernia.

**Complete your screenings.** Take blood tests based on your age and ask about the timing for prostate and colon screenings.

**Update your vaccines.** Protect yourself with any needed shots while you're at your wellness visit.

**Talk about health goals.** Map out a plan to help protect your health with your doctor.



**Schedule your annual wellness exam today.**

Sources: *Make an Annual Wellness Check Part of Your New Year's Resolutions.* Mayo Clinic. 2020.  
*Men's Wellness: Being Proactive, Annual Care Key to Maintaining Health.* Mayo Clinic. 2019.

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