

PREVENTIVE CARE



Know your current health status.

Many chronic health problems are preventable and reversible. Being proactive about your health and getting timely preventive care screenings can help you gain the insight you need to make informed, healthy lifestyle choices, and, become a healthier you.

Common risk factor screenings

The first step toward managing your risk factors is being aware of your current status. Talk to your doctor about these common preventive care screenings.

Blood pressure

Measures how hard the blood pushes against the walls of your arteries as it moves through your body. Normal blood pressure: <120/80 systolic/diastolic¹

Cholesterol

Measures ratios of the healthy (HDL) and unhealthy (LDL) fat-like substance in your bloodstream. Recommended total cholesterol: <200 mg/dL²

Blood glucose

Measures the level of a sugar energy source our body creates when it breaks down carbohydrates. Recommended fasting level: 99 mg/dL or less³

Excessive weight

Assesses whether or not excess weight is a health risk. Normal body mass index (BMI): 18.5–24.9⁴

Colon health

Looks for abnormal cells in your colon or rectum that are growing together, forming polyps, which over time can become cancer. Start getting colon cancer screenings at age 50; if you have risks, such as a family history of colon cancer, you may need to get screened earlier.⁵

These recommendations are based on the general population. Talk with your doctor about your specific preventive care screening needs.

Breast health

Looks for malignant cancer tumors that start in the breast cells. If you are a woman age 40 or older, talk with your doctor about when to start getting mammograms and how often to have them.

Cervical health

Checks for abnormal or cancerous cells of the cervix. Get a Pap test starting at age 21. If your test is normal, you can wait three years before your next Pap test. Starting at age 30, you can choose to get a Pap test every three years, or get both a Pap test and a Human papillomavirus (HPV) test every five years.⁵

Prostate health

Men should start talking with their doctor at age 50 about screening. If you are at higher risk, you may need to discuss at an earlier age.⁶

Testicular health

Detects the causes of pain, inflammation, swelling, congenital abnormalities, and lumps or masses that may indicate testicular cancer. Men can learn and perform self-exams. Consult your doctor to determine causes of pain, inflammation and swelling.

Depending on health history and annual exam results, additional preventive care screenings may be necessary for certain individuals. These may include: Bone density, skin cancer, eye health, dental health and more.

Together, all the way.®



Common risk factors

Risk factors are conditions or behaviors that increase your chances of developing a disease. When you have more than one risk factor, your risk of developing a serious and/or chronic illness, such as heart disease or diabetes, increases. Most risk factors can be controlled, but there are a few that can't. Focus on what you can change and make healthier lifestyle choices.

RISK FACTORS YOU CAN CONTROL



High blood pressure



Abnormal cholesterol



Tobacco use



Poor diet



High blood glucose levels



Being overweight



Physical inactivity



Stress

RISK FACTORS BEYOND YOUR CONTROL



Age



Family history



Genetics

Have questions or concerns about your health and risks?

Talk with your doctor, who can make the appropriate recommendations based on your age, gender and health history.



1. WebMD. "Know Your Blood Pressure Numbers." Web, reviewed November 17, 2017.
2. Centers for Disease Control and Prevention. "Getting Your Cholesterol Checked." https://www.cdc.gov/cholesterol/cholesterol_screening.htm (last reviewed/last updated October 31, 2017).
3. Centers for Disease Control and Prevention. "Getting Tested." <https://www.cdc.gov/diabetes/basics/getting-tested.html> (last reviewed/last updated August 4, 2017).
4. Centers for Disease Control and Prevention. "About Adult BMI." https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html (last reviewed/last updated August 29, 2017).
5. U.S. Preventive Services Task Force. "USPSTF A and B Recommendations." <http://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations> (current as of April 2017).
6. American Cancer Society. "Prostate Cancer Screening FAQ." Web, April 11, 2017.

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing and health care recommendations.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.