

# Help reduce your risks. Get health screenings.



Getting health screenings can help prevent and detect health issues earlier, when they're often easier and less costly to treat. Your health is worth it.

Here is some general information about health screenings. Talk with your provider about when you should begin your screenings based on your age and risk factors. Screenings recommended specifically for "men or women" are provided based on the anatomical characteristics of the individual and not necessarily the gender of the individual.

## Health Screenings for Men and Women:

**Blood Pressure:** Blood pressure measures the force of blood against the walls of an artery. Adults should start getting screened at age 18. Normal range: <120 & <80 mm HG<sup>2</sup>

**Body Mass Index (BMI) and healthy weight:** BMI is based on a person's weight and height and provides a way to estimate the effect of weight on health. The higher the BMI, the greater the risk of some diseases, including high blood pressure, coronary artery disease, stroke, osteoarthritis, some cancers, and type 2 diabetes. Healthy Weight BMI: 18.5-24.9

**Cholesterol:** Cholesterol is an important type of fat (lipid) that is made by the body. It is needed for the body to function. However, excess cholesterol in the blood can build up in blood vessels and may lead to hardening of the arteries (atherosclerosis), heart attack, and stroke. Normal total cholesterol: <150 mg/dL.<sup>4</sup>

- **Low-density lipoprotein (LDL)** is called "bad cholesterol." Most efforts to lower cholesterol are aimed at reducing levels of LDL. Normal LDL: <100 mg/dL.<sup>4</sup>
- **High-density lipoprotein (HDL)** is called "good cholesterol." It can help remove excess cholesterol from the blood vessels. Normal HDL: 40 mg/dl in men and 50 mg/dl in women.<sup>4</sup>

**Colon cancer:** Screenings should start at age 45. You may need to get screened earlier if you have other risks, such as family history.<sup>5</sup>



**Get healthier today**

- Be physically active and make healthy food choices.
- Maintain a healthy weight.
- Get the vaccinations your provider recommends, based off your age, including the annual flu vaccine.
- Be tobacco-free.
- If you drink alcohol, limit it to one drink or less a day. One drink is a 12-ounce bottle of beer or wine cooler, a 5-ounce glass of wine or 1.5 ounces of 80 proof liquor.<sup>6</sup>



Discuss additional recommended screenings and/or vaccinations with your provider based on your health history.

**Depression and Anxiety:** Talk with your provider if you are feeling sad, depressed or losing interest in activities you used to enjoy.

**Diabetes:** Diabetes is a chronic disease that affects how your body turns food into glucose. Adults age 35 or older who are overweight or obese should get screened for prediabetes and type 2 diabetes. Normal fasting blood glucose <100mg/dl; Prediabetes 100-125 mg/dl and Diabetes 126mg/dl or higher.<sup>1</sup>

**Lung cancer:** Screenings should start annually at age 50 with 20 pack-year smoking history, and currently smoking, or have quit within the past 15 years.

## Health Screenings for Men:

**Abdominal aortic aneurysm:** This is a dangerous bulge in a blood vessel. Screening should start between ages 65 to 75, if you have ever been a smoker.

**Prostate cancer:** Screenings start at ages 45 and older or age 40 with risk factors.

## Health Screenings for Women:

**Breast cancer:** Starting at age 40, talk with your provider about when and how often to get a mammogram.

**Cervical cancer:** 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.

**Osteoporosis:** Osteoporosis is a disease that makes your bones thin, brittle, and easy to break. It's related to the loss of bone mass that happens as a natural part of aging. Get a bone density screening starting at age 65, unless you have other risk factors.<sup>7</sup>

 **Schedule your annual well visit today. Your well visit is covered at no cost when you use an in-network provider.\***

\*Not all preventive care services may be covered, and plans may vary. Please see your plan documents for preventive care coverage details.



1. American Diabetes Association. "Understanding Diabetes Diagnosis" <https://diabetes.org/about-diabetes/diagnosis>
2. American Heart Association, Inc. "Understanding Blood Pressure Readings" <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>
3. American Heart Association, Inc. "Body Mass Index in Adults" <https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-adults>
4. Centers for Disease Control and Prevention. "About Cholesterol" <https://www.cdc.gov/cholesterol/about/index.html>
5. Centers for Disease Control and Prevention. "Screening for Colorectal Cancer" [https://www.cdc.gov/colorectal-cancer/screening/?CDC\\_AAref\\_Val=https://www.cdc.gov/cancer/colorectal/basic\\_info/screening](https://www.cdc.gov/colorectal-cancer/screening/?CDC_AAref_Val=https://www.cdc.gov/cancer/colorectal/basic_info/screening)
6. Centers for Disease Control and Prevention. "Alcohol Use and Your Health" [https://www.cdc.gov/alcohol/about-alcohol-use/?CDC\\_AAref\\_Val=https://www.cdc.gov/alcohol/faqs.htm](https://www.cdc.gov/alcohol/about-alcohol-use/?CDC_AAref_Val=https://www.cdc.gov/alcohol/faqs.htm)
7. National Institute of Arthritis and Musculoskeletal and Skin Disease. "Bone Health and Osteoporosis: What it Means to You" <https://www.niams.nih.gov/health-topics/surgeon-generals-report-bone-health-and-osteoporosis-what-it-means-you>

U.S. Preventive Services Task Force. "USPSTF A and B Recommendations." <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations>

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

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