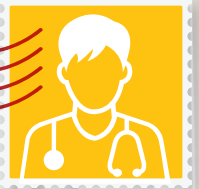


# YOUR HEALTH YOUR PRIORITY



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

Men often avoid going to the doctor, but an annual checkup can add years to your life. During your exam, you can expect to:

**Learn your stats.** Your doctor measures and logs your height, weight, body mass index and blood pressure.

**Discuss 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.

**Get a physical.** Your doctor will check your heart, lungs, head, neck, testicles and lower abdomen for any signs of a hernia.

**Get screenings.** You'll have blood tests done based on your age. Be sure to ask about the timing for prostate and colon screenings.

**Update your vaccines.** Protect yourself with needed shots 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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