



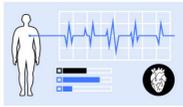
# Avoiding your annual exam?

**You're not the only one.** Studies show that men often pay less attention to their health and go to the doctor less often than women. So, if it's been a while, you may not be as healthy as you think. And what you don't know could hurt you.

## Keeping up with preventive care is the most important thing you can do for your health, and that starts with your annual visit.

### What to expect:

Your Primary Care Provider will give you a physical exam and ask about changes to your health or lifestyle. You can also expect:



- tracking of your health stats and medications
- vaccines that protect you from illness
- screenings recommended for your age and condition

**Screenings are especially important to help detect heart disease and certain cancers** that are becoming more common in young men, early, when they're easier to treat. *These are two of the top causes of death in men.*

This is also a great time to ask your PCP about anything that's been on your mind, like:



- stress, anxiety or low mood
- sexual health
- any new symptoms

Don't put it off any longer! **Your TRS-ActiveCare plan covers 100% of your preventive care, which includes an annual exam.** Use Member Rewards to schedule it with a PCP who's a Top-Performing Physician and earn \$\$\$ while you take care of your health.

[Schedule and Earn Today](#)

## Take advantage of your benefits

After your annual visit, your PCP will talk with you about your test results and treatment plans. It's important to make sure you follow your doctor's advice to get and stay healthy. *Your health plan makes it easy and affordable.*



### The Fitness Program

Get affordable, no-contract memberships at gyms nationwide. Choose what works best for you based on location, budget or personal preference.



### Well onTarget® Wellness Coaching

You have access to a personal coach who can help you set and meet your health and wellness goals. Work with a nutritionist, a fitness expert or another type of certified health expert *for free.*

## Grocery Shopping on a Budget Webinar

Wednesday, March 25

Noon - 12:45 p.m.

5 - 5:45 p.m.

This presentation covers:

- nutrition basics
- reading nutrition labels
- how to shop for nutrient-dense foods
- resources available to you

[Register Today!](#)

[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



The Fitness Program is provided by Tivity Health, an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate.

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