

# PREVENTIVE CARE



## Know your current health status

The truth is, many of the chronic health problems in America are preventable and are brought on by unhealthy lifestyle choices. That's why preventive care is so crucial to your health. Because by being proactive about your health and getting necessary preventive screenings on time, you gain the insight you need to make informed, healthier lifestyle choices and, ultimately, become a healthier you.

### Common risk factor screenings

The first step toward managing your risk factors is being aware of your current status. And that's essentially the purpose of these common preventive screenings<sup>1</sup>:

#### 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/diastolic

#### Cholesterol

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

#### Blood glucose

Measures the level of a sugar energy source our body creates when it breaks down carbohydrates. Recommended fasting level: 70-100 mg/dL

#### Excessive weight

Assesses whether or not excess weight is a health risk. Normal body mass index (BMI): 18.5-24.9

#### Colon health

Looks for abnormal cells in your colon or rectum that are growing together, forming polyps, which over time become cancer. Recommended ages for colon cancer screening: 50-75

#### Breast health

Looks for malignant cancer tumors that start in the breast cells. Recommended ages to begin mammogram testing: 40-50

#### Cervical health

Checks for abnormal or cancerous cells of the cervix. Recommended ages for cervical cancer screening: Ages 21-29, every 3 years. Ages 30-65, every 5 years.

#### Prostate health

Checks for signs of prostate cancer. Age is the greatest factor. Confirm risks with your doctor before screening.

#### Testicular health

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

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

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

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 like heart disease or diabetes greatly multiplies. While most risk factors can be controlled, there are a few that can't. Knowing this can help to ensure your efforts are well spent.

### RISK FACTORS YOU CAN CONTROL



#### High blood pressure

>140/90  
systolic/  
diastolic



#### Abnormal cholesterol

>200 total  
HDL and  
LDL



#### Tobacco use

Kick the habit  
for better  
health



#### Poor diet

Balance  
and portion  
control



#### Glucose levels

>100 mg/dL  
fasting



#### Overweight

BMI >25



#### Physical inactivity

Get 30  
minutes  
most days



#### Stress

Are you in  
control?

### RISK FACTORS BEYOND YOUR CONTROL



#### Age



#### Family history



#### Genetics

## Have questions or concerns about your health and risks?

Talk with your primary care physician, who can make the appropriate recommendations based on your health history.



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