



HELP REDUCE YOUR RISKS GET HEALTH SCREENINGS

Men's Health

Getting preventive care and recommended screenings can help detect health issues earlier, when they're often easier and less costly to treat. Your health is worth it! Visit myCigna.com to find in-network care.

Important Screenings for Men

- Blood Pressure
- Depression
- Colon Cancer
- Diabetes
- Cholesterol
- Overweight and Obesity
- Prostate Cancer
- Abnormal Aortic Aneurysm

Get Healthier Today

- Be physically active and make healthy food choices.
- Maintain a healthy weight.
- Get the vaccinations your doctor recommends.
- Be tobacco-free.
- Limit alcohol to two drinks or less a day.

Get screened. Visit myCigna.com to find in-network providers.

Ask the Doctor 

Men's Health

Monday, June 13
1:00 - 2:00 PM CT

Register to Attend: bit.ly/3yFlyKb

Join Wellness as we "Ask the Doctor" about men's health and well-being. Learn ways to be more proactive about total wellness for yourself, family, or peers.

