



**BlueCross BlueShield
of Illinois**

What's Your Healthy Game Plan?



Get a yearly checkup even if you feel okay

Talk with your doctor about tests and screenings to help detect or avoid disease and keep you healthier. Men can increase their odds of living longer by making healthy lifestyle choices. Follow these winning tips.

- Get plenty of sleep to help avoid health problems such as obesity, diabetes, heart disease and depression.
- Ask your doctor which adult shots you need.
- Track your numbers for blood pressure, cholesterol, blood sugar and body mass index.
- Add more fruits and vegetables to your diet.
- Tell your doctor right away if you have rashes or sores, problems urinating, shortness of breath or any other problems.
- Try to be active for at least 30 minutes most days of the week.
- Don't use tobacco and limit alcohol use.

Men can help lower their chances of serious health problems by getting screened for colon cancer, heart disease, prostate cancer and other health conditions.

Sources: Centers for Disease Control and Prevention; National Institutes of Health; American Cancer Society; Men's Health Network

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