



# Prevention<sup>SM</sup> 101

Knowing What You Need and When to Get It



## HEY GUYS: Would you let your car go 5 years without an oil change?

To maintain your “extended warranty,” you need to schedule your “annual inspection” appointment with your health care provider.

In your 20s, you might think you’re indestructible and view going to the doctor as a waste of time and money. In your 30s, you’re often too busy with your career and family. By the time you’re in your 40s, you don’t go, because you’re too afraid of what you’ll find out or you don’t want to have a rectal exam! (Who does?)

Getting regular “tune-ups” with the recommended preventive screenings and immunizations, is among the most important things you can do to keep your body running smoothly. Most life-threatening illnesses, including cancer, heart disease and diabetes, can be treated and managed if they’re caught early.



## WHAT WOULD YOU DO?

One recent study found that two-thirds of men wouldn’t even go to the doctor if they were experiencing chest pain or shortness of breath—two early warning signs of a heart attack. **WHAT WOULD YOU DO** if you experience chest pain or shortness of breath?

If you can’t remember the last time you had a complete “tune-up,” then pick up the phone and make an appointment today. Even if you’re feeling great, call anyway. The time to see your health care provider isn’t when something is hurting or doesn’t feel right—It’s now, when you can still do something about it. Remember you’re not just doing it for yourself. You’re doing it for your family and loved ones.



**STOP**



**CALL**



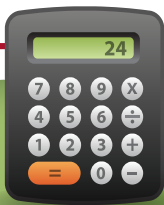
**SCHEDULE**



## What You Need

Prevention is the solution to better health, and the first step in prevention is protecting your health by getting your recommended exams and screenings. Follow the **At-A-Glance** guide below for an overview of your recommendations at every age.

AT-A-GLANCE RECOMMENDED EXAMS AND SCREENINGS FOR MEN				
SCREENINGS AND EXAMS	AGES 19-39	AGES 40-49	AGES 50-64	AGES 65 & OLDER
GENERAL HEALTH				
Physical Exam	Every 1-2 years	Every 1-2 years	Annually	Annually
HEART HEALTH				
Weight/Height/BMI	Every 1-2 years	Every 1-2 year	Annually	Annually
Blood Pressure	Every 1-2 years; unless elevated	Every 1-2 years; unless elevated	Annually; unless elevated	Annually; unless elevated
Lipid Screening	Every five years beginning at age 20. More frequent testing for those at risk for cardiovascular disease.			
Abdominal Aortic Aneurysm Screening	Not applicable		One time screening for males who have ever smoked	
REPRODUCTIVE HEALTH				
HIV/Sexually Transmitted Diseases Screening (gonorrhea, syphilis, herpes)	Based on risk factors			
Prostate Exam	Not applicable	Discuss risks/benefits of prostate cancer screening with your health care provider.		
IMMUNIZATIONS				
Flu Shot	Annually	Annually	Annually	Annually
Other	Speak with your health care provider about other immunizations that may be recommended for you.			
MENTAL HEALTH				
Depression Screening	Annually	Annually	Annually	Annually
DIABETES				
Blood Glucose (Sugar)	Based on risk factors	High-risk patients should be considered by their physician beginning at age 45 at 3-year intervals.		
COLORECTAL HEALTH				
Colorectal Cancer Screening	Based on risk factors	Based on risk factors	Every 1-10 yr. based on screening	Based on risk factors
BONE HEALTH				
Bone Mineral Density	Not applicable			Starting at age 70 every 2 years based on risks factors.
VISION CARE				
Eye Exam	Once between the ages of 20-29, twice between the ages of 30-39	Baseline at age 40, then every 2-4 years	Every 2-4 years	Every 1-2 years
ORAL HEALTH				
Dental Exam	Professional cleaning and dental exam is recommended every 6 months			



## BMI



**BMI (Body Mass Index)** is calculated from a person's weight and height and provides a reasonable indicator of body fatness and weight categories that may lead to health problems. Use the chart below to determine your BMI. For an **online BMI Calculator**, members can log onto our Member Web site and click on "Wellness Calculator" under the "Your Health" tab.

### BMI CHART

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Normal							Overweight						Obese	
Height	Body Weight (pounds)													
4'11"	94	99	104	109	114	119	124	128	131	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

**FACT**  
3 in 4 American men are overweight.

### ADDITIONAL OBESITY SCREENINGS

Because obesity puts individuals at risk for a number of chronic conditions, the following screenings may be recommended for adults with a BMI over 30:

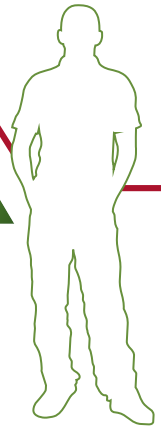
- Lipid profile
- Hemoglobin A1C
- Liver function tests
- Fasting glucose

Note

Be sure to remind your health care provider that you are being seen for your routine Preventive Health Care exam and/or screening(s) to ensure that your visit/screening is correctly coded and properly billed. The exams, screenings and immunizations listed on our Preventive Health Schedule may not be eligible for coverage or payment under your health insurance policy. If you have questions about your coverage for preventive care services, call the customer service telephone number on the back of your Member ID card.



## Screenings for Twenty-Somethings to Baby-Boomers



### SCREENINGS AS YOU GET OLDER

**ABDOMINAL AORTIC ANEURYSM SCREENING:** If you are a male age 65 or older who smokes or has a past history of smoking, you will need to discuss the risk of abdominal aortic aneurysm, a common vascular condition affecting men age 65 and older.

Even if you smoked as few as 100 cigarettes in your lifetime and stopped smoking decades ago, you still have this risk factor. A simple one-time ultrasonography screening test can prevent fatality from catastrophic rupture.

#### FACT

1 in 5 American men has heart disease.

### BONE MINERAL DENSITY SCREENING

is recommended for men every two years starting at 70 years of age. The screening measures bone density at the hip, spine or wrist and is used to assess the risk of developing a fracture.

### REPRODUCTIVE HEALTH INFORMATION, EXAMS AND SCREENINGS

**ERECTILE DYSFUNCTION (IMPOTENCE)** can occur at any age, but they are more common in older men, who often have other health problems. A man may have erection problems if he cannot get or keep an erection that is firm enough for him to have sex. Speak with

your health care provider if you are experiencing problems of this nature to discuss treatment options. Treatment can help both older and younger men.

**PROSTATE CANCER SCREENING** may include a digital rectal exam or PSA (Prostate Specific Antigen) test based on a discussion of risks/benefits of prostate cancer screening with your health care provider. Most men first become aware of their prostate when it causes some discomfort and affects urination so it is important to tell your health care provider about these symptoms promptly. Prostate cancer is highly treatable when diagnosed early.

**ADDITIONAL SCREENINGS** your health care provider may recommend additional screening for Human Immunodeficiency Virus (HIV) and sexually transmitted diseases (STD), based on your sexual history, signs and symptoms. If you think you've been exposed to HIV or a STD, contact your health care provider, health clinic or a HIV/STD testing site near you. Most health care providers do not automatically test for HIV or STDs during a physical exam. Discuss the screening options for HIV and STDs with your health care provider.



### GET YOUR FLU SHOT!

Don't forget to get your flu shot every year. Encourage everyone in your household to get one too. It is the first and most important step to preventing you and your family from getting the flu and in staying healthy.



## What to Track

Create a **Personal Health Record** for yourself and each member of your family to see all your health care information at a glance in one convenient location. A Personal Health Record table is provided below for your convenience.

PERSONAL HEALTH RECORD FOR MEN			
SCREENING	DATE	RESULTS	NOTES
<b>GENERAL HEALTH</b>			
Physical Exam			
<b>HEART HEALTH</b>			
Weight			
BMI			
Waist Circumference			
Blood Pressure			
Total Cholesterol			
HDL-Cholesterol			
LDL-Cholesterol			
<b>REPRODUCTIVE HEALTH</b>			
Prostate Exam			
HIV/Sexual Transmitted Diseases Screening			
<b>COLORECTAL HEALTH</b>			
Colorectal Cancer Screening			
<b>DIABETES SCREENING</b>			
Blood Glucose (Sugar)			
<b>BONE HEALTH</b>			
Bone Mineral Density			
<b>ORAL HEALTH</b>			
Dental Exam			
<b>VISION CARE</b>			
Eye Exam			

## LOG ON TO TRACK

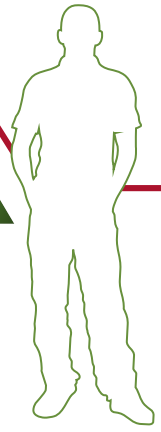
Keep track of your health using the online “Personal Health Record.” Log onto your Member Web site and click on the “Your Health” tab and then “Personal Health Record.” Choose the sections you wish to update and follow the prompts. Remember to update your online record each time you or a family member have a screening or exam.







## What Other Steps to Take



In addition to knowing what you need and when to get it, taking other steps to make healthy lifestyle choices can impact your health and well-being now and in the future. Research has clearly demonstrated the potential that healthy lifestyle factors can have on reducing the risk of major chronic diseases like cardiovascular disease, cancer and diabetes. Making a few simple lifestyle changes can turn into big health rewards. What changes are you ready to make?

### FACT

9 in 10 lung cancer deaths are caused by cigarette smoking.



- **Be tobacco free.** Your health care company offers resources to help you quit when you're ready.

From the online **HealthMedia**®

**Breathe**™ program to the telephonic **Smokeless**® programs, our smoking cessation resources can help guide you through the process of quitting with the support, coping strategies and practical stress management skills that you need. Log onto your Member Web site to enroll in Breathe under the "Your Health" tab, or call Smokeless at 1-800-345-2476 to enroll. For tips on how to quit, go to: <http://www.ahrq.gov/path/tobacco.htm> or visit <http://www.smokefree.gov>. To talk to someone about how to be tobacco free, call the National Quitline: 1-800-QUITNOW.

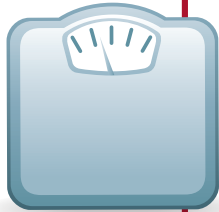
- **Be physically active.** If you are not already physically active, start small and work up to 30 minutes or more of moderate exercise most days of the week. Walking briskly, jogging, swimming and biking are just a few examples of moderate physical activity. If you have an active job, you still may not be getting enough exercise to condition your cardiovascular system and to reduce your risk of heart disease. Find a friend to exercise with to keep you stay motivated, join a gym or hire a personal trainer if you need someone to push you. (If you move more, you can eat more!)

- **Eat a healthy diet.** Focus on a balanced diet that includes plenty of fruits, vegetables and whole grains. Fill three-quarters of your plate



with plant-based foods—not meat! Choose low-fat dairy products and lean meats, poultry, fish, beans and other protein sources. Cut back on second helpings and watch your portion sizes. Go easy on foods high in fat, cholesterol, salt and sugar.

- **Stay at a healthy weight.** Step on the scale to know where you are and measure your waist circumference (health risks increase if your waist circumference is greater than 40 inches). Try to balance the calories you consume from food and drink with the calories you burn off through activity. Cut back by 250 to 500 calories per day to promote gradual weight loss if you need to lose weight. Speak with your health care provider if you notice a significant change in your weight—up or down.

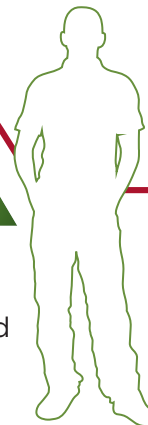


- **If you drink alcohol, drink only in moderation.** Men should consume no more than two alcoholic drinks per day. A standard drink is one: 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits. If you take medications, speak with your health care provider to find out if it's safe for you to drink alcohol.

- **Manage your stress.** Try to seek balance in your life and practice daily stress management. Learn when to say "no" and avoid the "burning the candle at both ends" trap. Strive to "take 20" and set aside 20 minutes every day to do something to relax and manage your stress.



## Where to Go for More Help



It's not easy putting a plan for preventive care and healthy lifestyles into action. Whether on the Web, on the phone or at the worksite, there are many convenient and accessible wellness resources to help you reach your goals and “have a greater hand in your health.”

- 🕒 **On the Phone.** Speak confidentially with a specially-trained Health Coach 24 hours a day, 7 days a week by calling Blues On Call<sup>SM</sup> at 1-888-BLUE(2583)-428 for the answers and support you need. You can request free “Shared Decision Making” videos to help you learn more about conditions such as prostate cancer and men’s health recommendations including PSA testing.
- 🌐 **On the Web.** Log onto your Member Web site and click on the “YOUR HEALTH” tab. Select the link “Improve Your Health” to enroll in HealthMedia<sup>®</sup> online programs or choose “Preventive Care” to explore other available program options on men’s health and healthy lifestyles.
- 📞 **Additional Resources.** Contact your company’s wellness coordinator to learn about wellness programs offered at your workplace. Call the Wellness Resource Center at 1-800-650-8442 for information on wellness programs that may be available. Or call the Member Services’ phone number on the back of your health insurance ID card for additional resources or to find the wellness program that is right for you.

### Lifestyle Returns<sup>®</sup>

If your company participates in Lifestyle Returns, you can receive credit for getting your preventive care exams. To access the “Lifestyle Returns” program, log onto your Member Web site. Under “Quick Resources,” click on “Lifestyle Returns” and enter your preventive exams under **Step 3: Take Charge of Your Health.**

### LOG ON AND LEARN MORE

To learn more about Men’s Health, search the HEALTH TOPICS tab on your Highmark Member Web site. Log on at [www.highmark.com](http://www.highmark.com), and select your service region. You can search the site for topics of interest to you and your family and stay up-to-date on the latest in health and wellness.



The material contained in this Guide has been selected to provide general background and useful information regarding preventive care. It is not intended to be complete or tailored to your specific needs, or to diagnose or treat medical conditions, and does not replace medical advice or medical treatment. You should discuss the information, facts and tips with your doctor, who is always your best resource for determining if you are at an increased risk for a condition. If you engage in physical activity, it may have injuries and health risks associated with it. You should confirm with your doctor that physical activity is appropriate for you. If you experience any pain or discomfort, call your doctor. Highmark Inc. does not endorse any product or service, and does not provide medical or legal advice or medical treatment. If you have questions about your health care coverage, you should call the toll-free Member Service number on your health insurance identification card.

Copyright © Highmark Inc. 2010. All Rights Reserved. Highmark is a registered mark of Highmark Inc.

Blue Shield and the Shield symbol are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

Prevention 101 is a service mark of Highmark Inc.

Lifestyle Returns is a registered trademark of Highmark Inc.

Blues on Call is a service mark of the Blue Cross and Blue Shield Association.

Smokeless is a registered trademark of the American Institute for Preventive Medicine.

HealthMedia is a registered trademark of HealthMedia, Inc. Breathe is a trademark of HealthMedia, Inc. HealthMedia, Inc. is an independent company that does not provide Highmark Blue Shield products or services. HealthMedia, Inc. is solely responsible for the products and services mentioned in this guide.