



BlueCross BlueShield of Texas



BlueResourceSM – Protecting Your Health – Annual Men's Exam

Make Your Health a Priority

Many men avoid going to the doctor. But an annual checkup can add years to your life. Here's what you can expect during your exam.

Record your stats. Measure and log your height, weight, body mass index and blood pressure so they can be followed over time.

Talk about your health history. Share info about illnesses, sexual health, exercise and diet with your doctor.

Review your medications. Track the medicines, vitamins, minerals and herbs you take to prevent possible drug interactions.

Conduct a physical exam. Check your heart, lungs, head, neck, testicles and lower abdomen for any signs of a hernia.

Complete your screenings. Take blood tests based on your age and ask about the timing for prostate and colon screenings.

Update your vaccines. Protect yourself with any needed shots while you're at your wellness visit.

Talk about health goals. Map out a plan to help protect your health with your doctor.



Schedule your annual wellness exam today.

Sources: *Make an Annual Wellness Check Part of Your New Year's Resolutions.* Mayo Clinic. 2020.
Men's Wellness: Being Proactive, Annual Care Key to Maintaining Health. Mayo Clinic. 2019.

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