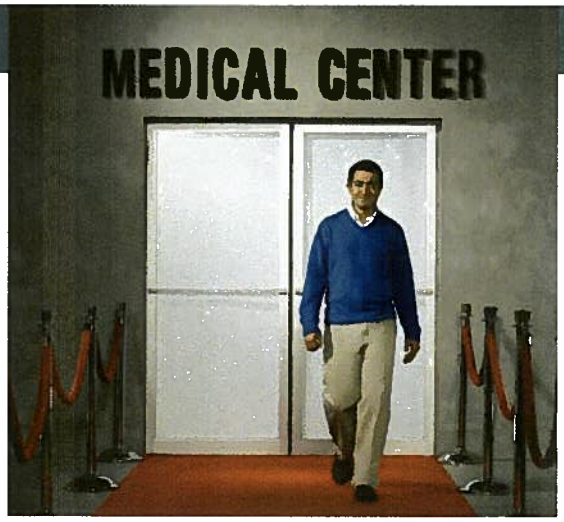


When was your last health exam?

If you can't remember, it's probably time to have one. Good health is the key to a long and happy life. You need to watch your weight, exercise regularly and eat healthy. Unfortunately, in our very busy lives, health too often takes a low priority.

Why men's preventive health screenings should matter to you.

- Men live, on average, about seven less years than women do in the United States. Part of this life span difference is due to the fact that men don't visit their physicians as often as women[1].
- The leading cause of death for men is heart disease.[2]
- Early detection of certain cancers can save your life, reduce the extent of treatment and improve your quality of life.[3]
- Among men, heart disease, cancer, stroke and diabetes account for nearly 60 percent of all deaths.[4]

Talk to your doctor about men's preventive health screenings today.

UnitedHealthcare®
Healing health care. Together.®

See the charts inside for more information on what you can do to safeguard your health.

For Men with High Risk Factors

Recommended Screenings and Immunizations

Do you have or have you had?	Ask your health care provider if you need the following screenings or tests more often or at a younger age:
Condition	**Screening/Tests**
High blood pressure	Blood pressure test; cholesterol test; blood sugar test
High cholesterol	Blood pressure test; cholesterol test; blood sugar test
Heart disease	Blood pressure test; cholesterol test; blood sugar test, influenza vaccine; pneumococcal vaccine
Diabetes	Blood pressure test; cholesterol test; blood sugar test, vision exam; urine test, influenza vaccine; pneumococcal vaccine
Chronic lung disease	Influenza vaccine; pneumococcal vaccine
Chronic liver disease	Hepatitis A vaccine; influenza vaccine; pneumococcal vaccine
Thyroid disease	Thyroid test (TSH); influenza vaccine; pneumococcal vaccine
Colon polyps; Inflammatory bowel disease	Colon cancer screening on a regular and frequent basis at direction of physician.

For Men – General Screenings, Immunizations and Counseling*

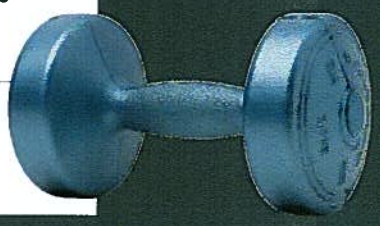
General Health	Ask your health care provider if you need the following screenings or tests more often or at a younger age:
Screening tests	**Ages 30+ (unless otherwise noted)**
General health, weight and BMI	Periodic measurement
Heart health/ Blood pressure testing	Periodic screening
Mental health (Depression)	Routine screening
Eye and ear health/ Hearing screening	Beginning at age 65, discuss with physician
Vision screening	Screening for glaucoma by an eye care professional for high-risk includes blacks over age 40, whites over age 65, persons with a family history of glaucoma and patients with diabetes and severe myopia
Lipid disorder testing	Screening if risk factors for heart disease exist; begin routine screening regardless of risk factors, at age 35 and older
Diabetes blood sugar test	Screening for persons with high blood pressure or high blood lipid levels
Prostate health/ Prostate cancer screening	Discuss potential benefits and harms of screening using Prostate-Specific Antigen (PSA) with physician. Routine screening for prostate cancer is not recommended by scientific experts. PSA test should not be ordered without an initial discussion of the potential benefits and possible harms of such testing.

Colorectal health/ Colorectal cancer screening	Beginning at age 50, routine screening for persons at average risk, with interval determined by method. Potential screening options include: home Fecal Occult Blood Test (FOBT); flexible sigmoidoscopy; the combination of home FOBT and flexible sigmoidoscopy; colonoscopy and double-contract barium enema.
Tuberculosis screening	Persons at increased risk of developing tuberculosis
Sexually transmitted disease	Screening for syphilis and HIV for all persons.
Abdominal aortic aneurysm	One-time screening by ultrasonographys ages 65–75 who have ever smoked
Immunizations	**Ages 20+ (Consult your physician)**
Tetanus-Diptheria	Booster every 10 years
Influenza	Annually, in the fall or winter, for persons in increased risk for complications or transmission to high-risk persons; annual vaccine at age 50 regardless of risk
Varicella	Susceptible persons at risk for exposure or transmission
Hepatitis A	Recommended for persons at increased risk for infection
Hepatitis B	Recommended for persons with medical, behavioral, occupational or other high-risk indications
Meningococcal	Discuss disease and benefits of vaccine for incoming or current college freshmen, particularly those living in dormitory; otherwise consider if medical indications are present
Counseling	**Ages 20+**
Diet and exercise	Limit fat and cholesterol, maintain caloric balance and emphasize fruits, vegetables and grain products containing fiber. Regular physical activity. Intensive counseling and behavioral interventions to promote sustained weight loss for obese adults
Cardiovascular disease Prevention	Discuss use of aspirin with physician if you are at increased risk for coronary heart disease
Oral health	Regular dental care. Floss, brush with fluoride toothpaste daily
Reproductive health	Sexually transmitted disease: Discuss measures to prevent infection with physician. Unwanted pregnancy: Use contraceptive measures
Substance use and abuse	Smokers: Strongly advised to quit. Tobacco cessation interventions. Avoid illicit drug use. Screening and behavioral counseling interventions to reduce alcohol misuse. Avoid alcohol and drug use while driving, swimming, boating

At UnitedHealthcare, we are committed to promoting men's health information through the convenience of our Web site at **myuhc.com**®. Just click on the ***Health and Wellness*** tab. You'll find important information on the following topics:

- **Heart health**
- **Diabetes**
- **Prostate health**
- **Cholesterol**
- **Self exams**
- **Fitness**

And if you don't already have a doctor or primary care physician, you can find one at visiting myuhc.com and click on ***Find a Provider***.



For more information about UnitedHealthcare, please visit us at www.myuhc.com.

* These recommendations are not to be confused with benefits covered by UnitedHealthcare as defined in the Member's *Evidence of Coverage/Disclosure Form*. Nothing in these guidelines should be construed to establish a new benefit under UnitedHealthcare or indicate a change in federal or state required benefits. The UnitedHealthcare Member's *Evidence of Coverage/Disclosure Form* should be consulted for the specific coverage and limitations of benefits.

Sources:

1. *National Center for Health Statistics, 2007*
2. *National Center for Health Statistics, 2007*
3. *American Cancer Society Statistics, 2007*
4. *California Department of Health Services, Center for Health Statistics, 2006*

*Centers for Disease Control and U.S. Preventive Services Task Force (2007).

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100-8955 12/08 Consumer

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PEW409333-000