health tips: stay well with resources

No matter how busy you are, it’s important to put a doctor’s visit at the top of your list. Here are some online health resources and tools to keep you on your game.

Preventive screenings
Stay current on screenings and tests appropriate to your age, medical history, and family history. You can find Preventive Health Guidelines at blueshieldca.com. Just log on and click on Health & Wellness at the top of the page. Then choose Men’s Health on the left side and select Preventive Health Guidelines.

NurseHelp 24/7
Talk to a nurse anytime for immediate answers on illnesses, injuries, chronic conditions, and preventive care. Call NurseHelp 24/7 at (877) 304-0504, or visit blueshieldca.com and click Health & Wellness.

Other useful websites
• Blue Shield of California’s Men’s Health section at blueshieldca.com/hw
• Mayo Clinic at www.mayoclinic.com/health/mens-health/MC00013/NSECTIONGROUP=2
• Centers for Disease Control and Prevention at www.cdc.gov/features/healthymen
• Agency for Healthcare Research and Quality at www.ahrq.gov/path/menpath.htm
• U.S. Preventive Services Task Force at www.uspreventiveservicestaskforce.org/uspstf/uspsprca.htm