health tips: be informed

When it comes to staying healthy, the best game plan is to be proactive. The first step is a doctor’s visit with preventive screenings. It’s important to have an annual visit so you can get an accurate picture of your health and establish a relationship with your doctor.

According to the Centers for Disease Control and Prevention, the top health conditions affecting men are:

- Heart disease
- Depression
- Diabetes
- Lung and prostate cancer
- Stroke

Know your family history

Family history can influence your risks of developing heart disease, stroke, diabetes, or cancer. If you have family members with these health conditions, ask your doctor about your personal risks, and how you can lower your risks.

Get the facts

For additional information, go to blueshieldca.com/hw. Click Men’s Health, then Men’s Health Articles to find information about screening and prevention.