



## The Tools You Need to Get Healthy and Stay That Way

*What are the keys to staying healthy and preventing disease?*

- Get recommended screening tests.
- Be tobacco free.
- Be physically active.
- Eat a healthy diet.
- Stay at a healthy weight.
- Take preventive medicines if your doctor prescribes them.

And at every checkup, you can talk with your doctor about how to stay healthy no matter what your age is. Remember

to talk with your doctor to determine which tests are right for you based on your age, gender and family history. Deductibles, coinsurance and/or copayments may apply. Please see your benefits materials for details.

Use this checklist to talk with your doctor to determine what tests are right for you and to record details such as test date, results, next test date and questions to ask.

*Your CIGNA HealthCare plan focuses on helping to keep you well, rather than just providing benefits for covered illness or injury.*

### Men's Care Checklist

Test/Screening	Test Date	Recommendations/Average Range	My Results	Next Test Date	Notes/Questions
<b>Periodic Physical, may include:</b>					
– Height					
– Weight					
– Body Mass Index (BMI)		18.5 - 24.9			
– Waist Circumference		Less than 40 inches			
– Vision Screening					
– Hearing Screening					
Blood Pressure (Systolic)		<b>High:</b> 140 or above <b>Prehypertension:</b> 120 - 139 <b>Normal Adult:</b> 119 or below			
Blood Pressure (Diastolic)		<b>High:</b> 90 or above <b>Prehypertension:</b> 80 - 89 <b>Normal Adult:</b> 79 or below			
<b>Additional Recommended Screenings:</b>					
Diabetes Screening (Glucose)		Age 45+, or if history of risk factors at any age, every 3 years  <b>For men with diabetes</b> 90 mg/dL - 130 mg/dL before meals Less than 200 mg/dL 2 hours after a meal			
<b>Cholesterol/Lipid Disorders Screenings:</b>					
– Cholesterol (Total)		<b>Desirable:</b> Less than 200 mg/dL or Less than 5.17 mmol/L <b>Borderline high:</b> 200 - 239 mg/dL or 5.17 - 6.18 mmol/L <b>High:</b> 240 mg/dL or Higher or 6.21 mmol/L or Higher			
– HDL Cholesterol		<b>Desirable (High):</b> More than 60 mg/dL or More than 1.56 mmol/L <b>Acceptable:</b> 40 - 60 mg/dL or 1.04 - 1.56 mmol/L <b>Undesirable (Low):</b> Less than 40 mg/dL or Less than 1.04 mmol/L			
– LDL Cholesterol  (Note: High risk individuals should discuss their goals with their doctor.)		<b>Desirable:</b> Less than 100 mg/dL or Less than 2.6 mmol/L <b>Near desirable:</b> 100 - 129 mg/dL or 2.6 - 3.35 mmol/L <b>Borderline high:</b> 130 - 159 mg/dL or 3.38 - 4.10 mmol/L <b>High:</b> 160 - 189 mg/dL or 4.12 - 4.88 mmol/L or Higher <b>Very High:</b> 190 mg/dL or Higher or 4.90 mmol/L or Higher			
– Triglycerides		<b>Desirable:</b> Less than 150 mg/dL or Less than 1.69 mmol/L <b>Borderline desirable:</b> 150 - 199 mg/dL or 1.69 - 2.25 mmol/L <b>High:</b> 200 - 499 mg/dL or 2.26 - 5.63 mmol/L <b>Very High:</b> 500 mg/dL or Higher or 5.64 mmol/L or Higher			
Prostate Screening		Once a year age 50+			
Ultrasound for Abdominal Aortic Aneurysm (AAA)		Age 65 - 75 who have smoked			
Colorectal Cancer Screening		Age 50+			
<b>Immunizations, including:</b>					
– Hepatitis A and B		Those at risk			
– Influenza Vaccination		Age 19 - 49 as your doctor advises, age 50+ annually			
– Pneumonia Vaccination		Once for those age 65+			
– Tetanus Vaccination		Every 10 years			
– Varicella (chicken pox)		If no evidence of prior immunization or chicken pox			
– Zoster		Age 60+			

NOTE: The average ranges above are general recommendations. You should always talk with your doctor if you have any questions or health care concerns.

This document does not guarantee coverage for all services. The specific terms of coverage, exclusions and limitations, including legislated benefits, are included in the Summary Plan Description or Insurance Certificate.





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## Women's Care Checklist

Test/Screening	Test Date	Recommendations/Average Range	My Results	Next Test Date	Notes/Questions
<b>Periodic Physical, may include:</b>					
– Height					
– Weight					
– Body Mass Index (BMI)		18.5 - 24.9			
– Waist Circumference		Less than 35 inches			
– Vision Screening					
– Hearing Screening					
Blood Pressure (Systolic)		<b>High:</b> 140 or above <b>Prehypertension:</b> 120 - 139 <b>Normal Adult:</b> 119 or below			
Blood Pressure (Diastolic)		<b>High:</b> 90 or above <b>Prehypertension:</b> 80 - 89 <b>Normal Adult:</b> 79 or below			
<b>Additional Recommended Screenings:</b>					
Diabetes Screening (Glucose)		Age 45+, or if history of risk factors at any age, every 3 years  <b>For nonpregnant women with diabetes</b> 90 mg/dL - 130 mg/dL before meals. Less than 200 mg/dL 2 hours after a meal. <b>For women who have diabetes related to pregnancy (gestational diabetes)</b> 105 mg/dL or less before breakfast 155 mg/dL or less 1 hour after a meal.			
<b>Cholesterol/Lipid Disorders Screenings:</b>					
– Cholesterol (Total)		Age 20+, every 5 years  <b>Desirable:</b> Less than 200 mg/dL or Less than 5.17 mmol/L <b>Borderline high:</b> 200 - 239 mg/dL or 5.17 - 6.18 mmol/L <b>High:</b> 240 mg/dL or Higher or 6.21 mmol/L or Higher			
– HDL Cholesterol		<b>Desirable (High):</b> More than 60 mg/dL or More than 1.56 mmol/L <b>Acceptable:</b> 40 - 60 mg/dL or 1.04 - 1.56 mmol/L <b>Undesirable (Low):</b> Less than 40 mg/dL or Less than 1.04 mmol/L			
– LDL Cholesterol  (Note: High risk individuals should discuss their goals with their doctor.)		<b>Desirable:</b> Less than 100 mg/dL or Less than 2.6 mmol/L <b>Near desirable:</b> 100 - 129 mg/dL or 2.6 - 3.35 mmol/L <b>Borderline high:</b> 130 - 159 mg/dL or 3.38 - 4.10 mmol/L <b>High:</b> 160 - 189 mg/dL or 4.12 - 4.88 mmol/L or Higher <b>Very High:</b> 190 mg/dL or Higher or 4.90 mmol/L or Higher			
– Triglycerides		<b>Desirable:</b> Less than 150 mg/dL or Less than 1.69 mmol/L <b>Borderline high:</b> 150 - 199/dL or 1.69 - 2.25 mmol/L <b>High:</b> 200 - 499 mg/dL or 2.26 - 5.63 mmol/L <b>Very High:</b> 500 mg/dL or Higher or 5.64 mmol/L or Higher			
Pap Test		Once a year age 19 - 64			
Chlamydia		Age 25 and younger, if sexually active			
Mammogram		Once a year age 40+			
Bone Density		Age 65+, or 60 if at risk			
Colorectal Cancer Screening		Age 50+			
<b>Immunizations, including:</b>					
– Hepatitis A & B		Those at risk			
– HPV		Age 9 - 26			
– Influenza Vaccination		Age 19 - 49 as your doctor advises, age 50+ annually			
– Pneumonia Vaccination		Once for those age 65+			
– Tetanus Vaccination		Every 10 years			
– Varicella (chicken pox)		If no evidence of prior immunization or chicken pox			
– Zoster		Age 60+			

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