

KNOW YOUR NUMBERS

EAT HEALTHY

YOU CAN'T JUST "TOUGH OUT"

MANAGE STRESS

YOUR HEALTH.



BE TOBACCO-FREE

Do you know the leading health risks for men?

- Heart disease
- Lung cancer
- Stroke
- Diabetes

Don't wait for one of these to strike. Act now to prevent these conditions from happening in the future. Making simple, easy changes today can make you happier, healthier and may even prevent certain diseases, which sounds pretty good, even to a tough guy like you.

GET HEALTH SCREENINGS

For more information on ways to get healthy and stay healthy, visit myCigna.com.

DO MORE PHYSICAL ACTIVITY

GO YOUSM



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