

MAINTAIN A HEALTHY WEIGHT

YOU SHARE CLOTHES, GOSSIP AND ADVICE.

BE TOBACCO-FREE

You also share common health risks.

EAT WELL

EXERCISE



Heart disease, cancer and stroke are the leading health risks for women today.¹ Luckily, these risks and many others can be prevented or successfully treated with early detection. That's why it's so important to get routine health screenings.

Use this guide to help you figure out when you should start getting health screenings and what kind of screenings you can expect. Your doctor can help determine how often you should have the screenings based on your age, family history, lifestyle choices and results.

Talk to your doctor about these key screenings

- Body Mass Index (BMI) – anytime
- Blood Pressure – after age 18, then every two years
- Colorectal Cancer – after age 50, unless you have a family history
- Cholesterol – after age 35, unless you have other risk factors
- Depression – if you feel sad, hopeless or lose interest in activities you once enjoyed
- Diabetes – if your blood pressure is higher than 135/90
- Mammogram – depends on your doctor's recommendation
- Cervical Cancer – every one to three years from ages 21 to 65
- Osteoporosis – age 65; if younger, depends on your doctor's recommendation
- Any other screenings you're concerned about, like glaucoma or skin cancer

What you can do today to get healthy

- Be physically active
- Make healthy choices, like eating lots of fruits and vegetables
- Manage your weight
- Stay up-to-date with immunizations
- Don't smoke
- If you consume alcohol: one drink a day or less

Your doctor may recommend additional screenings for mental health or sexually-transmitted diseases (STDs), or vaccinations. Talk to your doctor to determine which tests are right for you.

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

¹Source: *Women: Stay Healthy at Any Age*. AHRQ Publication No. 10-IP002-A, September 2010. Agency for Healthcare Research and Quality, Rockville, MD. www.ahrq.gov/ppip/healthywom.htm

GO YOUSM

