# GET TO KNOW YOUR BENEFITS: MEN'S HEALTH

# **DID YOU KNOW**

The risk of developing a serious health condition rises significantly with age. That's why it's important to talk with your doctor about your risk factors and family history so that you receive the right health screenings at the right time.

## AGE 18-39



## AGE 40-49



## AGE 50-64



### **AGE 65+**

#### Start regular screenings

for high blood pressure and obesity/body mass index (BMI).

Your doctor may suggest other screening tests depending on your personal risk factors.

Continue blood pressure & obesity/BMI screenings.

## Begin cholesterol screening

Talk with your doctor regarding individualized screening and treatment, if needed.

## Get screened for diabetes

if you are overweight or obese.

Continue blood pressure 6 obesity/BMI screenings.
Continue with cholesterol screenings.
Continue with diabetes screenings.

# Begin colorectal cancer screening

at age 50 and continue until age 75.

# Prostate cancer screening

Starting at age 55 through age 69.

Continue blood pressure & obesity/BMI screenings.

Continue with cholesterol screenings.

Continue with diabetes screenings.
Continue with colorectal cancer screenings until age 75.

Continue the discussion with your doctor about the risks and benefits of prostate cancer screening until age 69.

In-network preventative care is 100% covered by your insurance policy at Jones! <u>Click here</u> to build your preventive care checklist. <u>Click here</u> to find a provider in your network.

In-network colonoscopies are 100% covered without any age restraint.

