



**BlueCross BlueShield of New Mexico**



**BlueResource<sup>SM</sup> – Protecting Your Health – Getting an Annual Men's Exam**

# Stay Ahead of Health Issues

Men often put their health on the back burner. But there are so many good reasons to have an annual checkup. A yearly visit with the doctor is a chance to catch early warning signs of serious health issues. Have an annual men's exam to help fend off:

- High blood pressure
- Heart disease
- Stroke
- Diabetes
- Cancer
- Obesity
- Depression
- Sexually transmitted diseases



**Schedule your annual men's exam today.**

**Sources:** *Health Screenings for Men Ages 40 to 60.* MedlinePlus, U.S. National Library of Medicine. 2020.  
*Make an Annual Wellness Check Part of Your New Year's Resolutions.* Mayo Clinic. 2020.

Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

0522  
9100409.0920