Anthem

Men's health

Preventive care for a healthier tomorrow



Good health starts with small things. Focusing on preventive measures like regular checkups and screenings can make a big difference in how you feel. Take a look these tips to guide for a whole-health approach to wellness.

Receive regular checkups

As you age, the risk of diabetes, heart conditions, and certain cancers increases. Taking these preventive steps helps lower your risk and detect problems early:

- Schedule preventive checkups with your primary care doctor every year.
- Receive regular cancer screenings and vaccines, as recommended by your doctor. All men should get screened for colorectal (colon or rectal) cancer by age 50.
- Let your doctor know if any close family members have a history of prostate cancer or other health conditions, such as high cholesterol, diabetes, or heart disease. This can affect how early and how often to receive certain screenings.
- Check preventive guidelines for your age.

Recognize depression

While feeling low from time to time is normal, depression is a mental health condition that shouldn't be ignored. Symptoms of depression in men include:

- Angry, irritable, or aggressive behavior.
- Anxious, restless, sad, or dissatisfied feelings.
- Loss of interest in work, family, or hobbies.
- Suicidal thoughts.

Seek support for depression

These tips can help if you're feeling depressed:

- Talk to your doctor about treatment that's best for you.
- Reach out to loved ones.
- Spend time with people who are positive.
- Set realistic goals for yourself to avoid being overwhelmed or discouraged.

Eat smart

Choosing healthy foods can reduce your risk of obesity, heart disease, diabetes, and other conditions. These habits will feed your good health:

- Include foods like fish, almonds, and flaxseed in your diet. They are high in omega-3 fatty acids, which are important parts of the membranes that surround every cell in your body.
- Eat at least 1.5–2 cups of fruit and 2–3 cups of vegetables every day.
- Limit calories from added sugar, which is often found in sweetened beverages, cereal, baked goods, and packaged snacks.
- Avoid processed foods like crackers, chips, deli meat, cereals, and many frozen or ready-to-eat meals. These are often high in salt, sugar, and trans fat.

Improve your overall lifestyle

These are other lifestyle changes you can make to maintain or better your health:

- Fit 30 minutes of physical activity into your everyday routine to help lower your blood pressure, increase energy, strengthen your body, maintain your weight, and potentially decrease your risk for a heart attack or stroke.
- Limit your alcohol intake to no more than two drinks a day.
- Avoid smoking or using tobacco.
- Use sunscreen to protect your skin from the sun.
- Manage your stress levels by spending time with friends and exercising.

Anthem

Sources

National Institute of Health: *Omega-3 Fatty Acids: Fact Sheet for Consumers* (July 18, 2022): ods.od.nih.gov.

Centers for Disease Control and Prevention: *Adults Meeting Fruit and Vegetable Intake Recommendations* (January 7, 2022): cdc.gov.

Centers for Disease Control and Prevention: *About Men and Heart Disease* (May 15, 2024): cdc.gov.

American Cancer Society: *Cancer Facts for Men* (October 31, 2023): cancer.org.

National Institute of Mental Health: *Men and Depression* (May 2024): nimh.nih.gov.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and AMGP Georgia Managed Care Company, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem HealthChoice Assurance, Inc. and Anthem HealthChoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the trade name of Anthem HP, LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate HealthKeepers, Inc. trades as Anthem HealthKeepers providing HMO coverage, and their service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI) underwrites or administers PPO and indemnity policies and underwrites the out-of-network benefits in POS policies offered by Compcare Health Services Insurance Corporation. Compcare underwrites or administers HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

In California Anthem Blue Cross is the trade name of Blue Cross of California, Inc. Also serving California: Anthem Blue Cross Life and Health Insurance Company. In 11 northeastern counties of New York Anthem Blue Cross is the trade name of Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice HMO, Inc., and Anthem Blue Cross HP is the trade name of Anthem HP, LLC. Independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.