

# A healthy lifestyle starts with preventive care.

Stay proactive – schedule a check-up and flu shot today.



## Stay in control of your health.

You've got a lot on your plate, but taking the time to get a preventive care screening and flu shot now can save the time and hassle of dealing with bigger health problems later.



Certain underlying conditions show no outward symptoms – including high cholesterol, which increases the risk for heart disease and stroke.<sup>1</sup>

Annual screenings can help identify medical conditions early, so it's important to get screened regularly as part of your overall wellness routine. Plus, preventive care services are 100% covered<sup>2</sup> by most health insurance plans.

## It's more than a physical.

Your annual check-up is about the whole you, both body and mind. If you're feeling anxious or lonely or are having trouble balancing home and work, be sure to let your provider know.

## Preventive care keeps you informed.

Get a clearer picture of your health numbers and risk factors so you can make informed diet, exercise, and lifestyle decisions.

### Common lab tests and screenings include:<sup>3</sup>



Blood pressure



Cholesterol



Cancer screenings



Body mass index (BMI)



## Contact your primary care provider to schedule your annual check-up and flu shot.

Log in to [Cigna.com](https://www.cigna.com)<sup>®</sup> or [myCigna.com](https://www.mycigna.com)<sup>®</sup> or use the [myCigna](#)<sup>®</sup> App to find a local provider in your plan's network.

1. CDC, "About Cholesterol." May 15, 2024. Accessed at [cdc.gov](https://www.cdc.gov), August 2024.

2. Not all preventive care services are covered, and different plans may cover different things. For example, immunizations for travel are usually not covered. See your plan materials for a complete list of covered preventive care services.

3. This information is for educational purposes only. It's not medical advice. Always ask your doctor for appropriate examinations, treatment, testing, and care recommendations.

4. CDC, "Vaccination Guidelines." Accessed at [CDC.gov](https://www.cdc.gov), August 2024.

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