



**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.**