# BeWISE. Immunize.

Vaccinations work to help your body learn to fight off disease and build immunity to future exposure.

Traditional vaccines mimic a natural infection by introducing dead or weakened versions of the germs that trigger a specific illness. Your immune system can clear these germs from your body, without experiencing common symptoms and complications, and it will "remember" how to protect your body from germs it has encountered before.

For additional information on immunizations, visit cdc.gov/vaccines.

**Tetanus, Diphtheria (TD)**
It's WISE to have a one time dose of Tdap, then a Td booster every 10 years.

**Influenza (flu)**
Be WISE and receive a flu shot every year!

**Varicella**
Two doses for those who have never had chicken pox or who lack evidence of immunity.

**Hepatitis A & B**
If you are at risk this might be a WISE choice.

**Measles, Mumps, Rubella**
If you are at risk this might be a WISE choice.

**Pneumococcal (Pneumonia)**
If you are at risk or 65 years of age or older be WISE and get immunized.

**Zoster (Shingles)**
It's WISE to receive one dose at age 60 or older, whether or not a prior episode of shingles has been reported.

**Meningococcal**
All college freshman living in dormitories, or those at risk should be WISE and be immunized.

Contact UMR to determine coverage or refer to the Summary Plan Description (SPD) for plan details and limits.

# BEHealthy.

MEN'S
MEN'S
Health
Health

# BEWise.

# Take Charge. Live Well!

Good health is dependent on the choices you make today and into the future. As part of the Crown HealthWise program, we would like you to make sure you are doing all you can to stay healthy and wise beyond your years.

**Make sure you:**

- Eat a well-balanced diet and maintain a healthy weight.
- Exercise regularly. Aim for 30 minutes most days of the week.
- Reduce stress and learn relaxation techniques.
- Do not smoke or use any tobacco products.
- Drink alcohol in moderation, if at all.
- Aim for a blood pressure below 120/80 (mm/Hg)
- Know your numbers and keep them within a healthy range.

  > Total cholesterol less than 200 (mg/dL)
  > LDL-cholesterol less than 130 (mg/dL)
  > HDL-cholesterol greater than 50 (mg/dL)
  > Triglycerides less than 150 (mg/dL)
  > Glucose 80-100 (mg/dL)

- Discuss age appropriate tests and exams with your healthcare provider based on your health and family history.
- Ask your healthcare provider which vaccines you need.

## Men

| Age | 18-39 | 40-49 | 50-64 | 65+ |
|---|---|---|---|---|
| Blood Pressure | At least every two years; or annually if your blood pressure is higher than 120/80 | | | |
| Cholesterol | Regular screenings starting at age 20 until 35 if at increased risk for heart disease | Regular screenings after age 35; ask your health care provider for recommended frequency | | |
| Obesity/BMI | Regular screenings; a BMI between 25 and 29.9 is considered overweight, and a BMI of 30 and above is considered obese | | | |
| Diabetes (fasting plasma glucose test recommended) | Regular screenings; ask your health care provider for recommended frequency | | | |
| Colorectal Cancer | | | Colonoscopy beginning at age 50 and continuing until age 75 | |
| Prostate Cancer | | | Talk to your doctor about the risks and benefits of screening | |

## GENERAL Screening guidelines

Heart disease and cancer are the two leading causes of death in the United States, and the risk of developing a significant health condition increases with age.

Your family health history can also make you predisposed to certain diseases. So it is important to understand your risk factors and receive appropriate screenings to head off potential problems when they are most treatable. Early detection could save your life.

Recommended tests are based on your age, gender and overall risk factors. The guidelines listed are for general reference only. Always discuss your particular health care needs with your provider.

*If enrolled in the Crown Health Plan, these services may be paid at 100% if submitted as a preventive screening or service. Please refer to your Summary Plan Description for additional details regarding coverage levels and limits.*