

What you don't know could hurt you.



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You're not the only one.

Studies show that men often pay less attention to their health and go to the doctor less often than women. So, if it's been a while, you may not be as healthy as you think. And what you don't know could hurt you.

Keeping up with preventive care is the most important thing you can do for your health, and that starts with your **annual visit**. Remember, this visit is considered preventive care, so it's covered at 100%.

What to expect at your annual visit

Your doctor will give you a physical exam and ask about changes to your health or lifestyle. You can also expect:

- tracking of your health stats and medications
- needed shots that protect you from illness
- screenings recommended for your age and condition

Screenings are especially important since they help detect heart disease and cancer early, when they're easier to treat. These are two of the top causes of death in men.

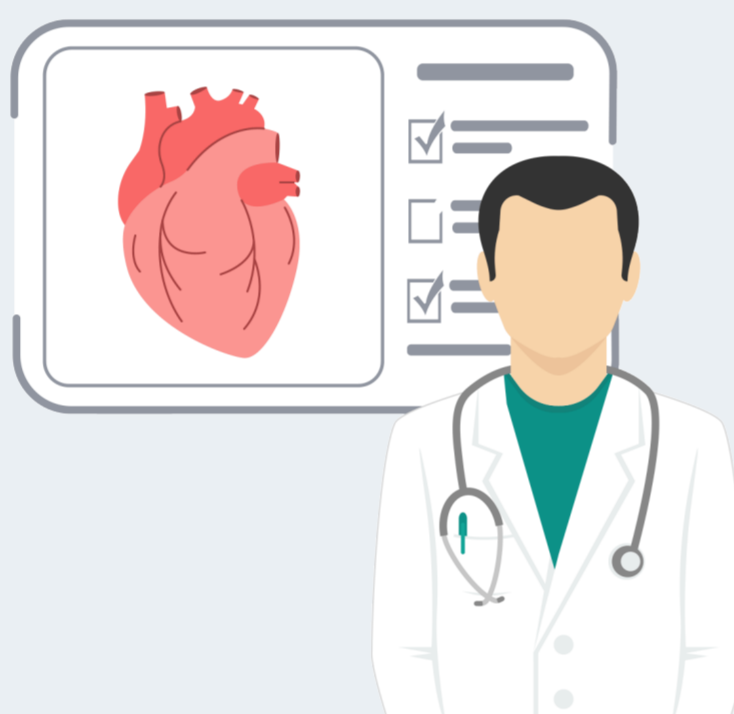
[Schedule an Exam](#)

Take advantage of your benefits

After your annual visit, your doctor will talk with you about your test results, treatment plans and follow-up appointments. It's important to make sure you follow your doctor's advice to get and stay healthy.

Your TRS-ActiveCare plan can help you:

- keep your blood pressure, cholesterol and blood sugar at healthy levels
- stay away from tobacco
- lose weight if recommended
- improve your diet and fitness level
- manage your stress
- get better sleep



The Fitness Program: Get affordable, no-contract memberships at gyms nationwide. Choose what works best for you based on location, budget or personal preference.

[Sign Up](#)

Well onTarget® Wellness Coaching: You have access to a personal coach who can help you set and meet your health and wellness goals. Work with a nutritionist, a fitness expert or another type of credentialed health expert for free.

[Start Today](#)

Mental Health Care: Every TRS-ActiveCare plan covers mental health. Don't wait another day. Get care for depression, stress, anxiety, alcohol or drug misuse and other conditions.

[Get Care](#)

Essentials of Nutrition Webinar

Thursday, March 27

8 a.m. - 8:45 p.m.

Noon - 12:45 p.m.

Tune in to a wellness webinar created just for you! This presentation about the Essentials of Nutrition will cover:

- nutrition basics
- healthy food choices
- portion control
- healthy snack ideas
- maintaining a healthy weight



Register today!

[8 a.m. Webinar](#)

[Noon Webinar](#)

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