

Easy steps to boost your health



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We have a very important question for you: Are you taking care of your health?

- A Yes, we're all good over here.
- B I could probably do better.
- C I'm in need of serious help.

If you answered B or C, we've got some useful information for you below. To be honest, you'll probably get just as much out of it if you answered A.

Studies like this one from [Harvard Medical School](#) 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.

Annual checkup

When's the last time you saw your Primary Care Provider? 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%.



Need to find or change your PCP?
Visit [Provider Finder](#).

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.

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 and treatment plans to get and stay healthy.

Here are a few more things you can do to prevent illness:

- Keep your blood pressure, cholesterol and blood sugar at healthy levels.
- Stay away from tobacco.
- Lose weight if recommended. A **no-cost health coach** can help!
- Eat a healthy diet. Add vegetables, fruits, nuts, whole grains and healthy fats. Limit or avoid red and processed meats, sugary drinks, trans fats, and too much salt.
- Get regular exercise. Aim for at least 30 minutes a day of moderate activity, like brisk walking. Check out the **Fitness Program** for a variety of low-cost options.
- Avoid or limit alcohol.
- Protect your skin from Texas' harsh rays.
- Manage your stress. You've got **no-cost mental health benefits** that can help.
- Get enough good quality sleep.
- Get to know your family health history.
- Get regular checkups and keep up with ongoing care if you're managing a chronic condition.



Be honest!

Have you been keeping things from your doctor? It can be hard to tell them everything – especially if it's an embarrassing physical problem or a mental health issue. But as your doctor would tell you, they've heard and seen it all! And they may not be able to help you if they don't know there's a problem.

[Schedule a Visit](#)

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