

GUYS

It's time to take control of your health.



Let's stay better together.

At Cigna Medical Group (CMG), we're all about helping you get and stay healthy. And providing easy-to-use tools and resources is one of the many ways we do it.

Use this checklist to stay up to date and in the know about your health.

Bring it with you to your next appointment. Together, you and your CMG provider can decide which tests are right for you based on your age and family history. Record the details here, like current and future test dates, results, and any questions you need answered.

Schedule your wellness visit today.

Visit CignaMedicalGroup.com to find a CMG provider near you.

The top six things you can do to live a healthier life:

- › Get recommended screening tests.
- › Be tobacco-free.
- › Be physically active.
- › Eat a healthy diet.
- › Maintain a healthy weight.
- › Take medications, as prescribed.

Test/screening	Test date	Recommendations/average range	My results	Next test date	Notes/questions
Periodic physical, may include:					
Height					
Weight					
Body mass index (BMI)		18.5–24.9*			
Waist circumference		40 inches or less*			
Vision screening					
Hearing screening					
Blood pressure (systolic)**		High: 140 or above Prehypertension: 120–139 Normal adult: 119 or below			
Blood pressure (diastolic)**		High: 90 or above Prehypertension: 80–89 Normal adult: 79 or below			
Additional recommended screenings:					
Diabetes screening (glucose)		Adults with sustained blood pressure greater than 135/80 Desirable range: Fasting blood sugar (glucose) less than 100 mg/dL			
Cholesterol/lipid disorders screenings		Ages 35 and older, or ages 20–35 if risk factors			
– Cholesterol (total)***		Desirable: Less than 200 mg/dL Borderline high: 200–239 mg/dL High: 240 mg/dL or higher			

Test/screening	Test date	Recommendations/average range	My results	Next test date	Notes/questions
– HDL cholesterol***		Desirable (high): More than 60 mg/dL Acceptable: 40–60 mg/dL Undesirable (low): Less than 40 mg/dL			
– LDL cholesterol*** <i>Note: High-risk individuals should discuss their goals with their provider.</i>		Desirable: Less than 100 mg/dL Near desirable: 100–129 mg/dL Borderline high: 130–159 mg/dL High: 160–189 mg/dL Very high: 190 mg/dL or higher			
– Triglycerides***		Desirable: Less than 150 mg/dL Borderline desirable: 150–199 mg/dL High: 200–499 mg/dL Very high: 500 mg/dL or higher			
Prostate screening (PSA)		Ages 50+, or age 40 if risk factors			
Ultrasound for abdominal aortic aneurysm (AAA)		Ages 65–75 who have smoked			
Colorectal cancer screening		Ages 50+			
Immunizations, including:					
Hepatitis A and B		Those at risk			
Influenza vaccination		All adults, annually			
Pneumonia vaccination		Once for those ages 65+, or younger if risk factors			
Tetanus vaccination		Tetanus/diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older			
Varicella (chickenpox)		Second dose catch-up or if no evidence of prior immunization or chickenpox			
Zoster (shingles)		Ages 60+			

NOTE: The average ranges above are general recommendations. This is not intended as medical advice. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

Coverage exclusions: This document does not guarantee coverage for all services and all plans have exclusions and limitations. See your plan materials for the coverage details of your specific medical plan.



Cigna Medical Group is recognized by the National Committee for Quality Assurance (NCQA) as a **Patient-Centered Medical Home™**. The standards for this recognition emphasize the use of systematic, patient-centered, coordinated care that supports access, communication and patient involvement.

* National Heart, Lung and Blood Institute; Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.

** National Heart, Lung and Blood Institute; Seventh Report of the Joint National Committee on Preventions, Detection, Evaluation and Treatment of High Blood Pressure (JNC7).

*** National Heart, Lung and Blood Institute; National Cholesterol Education Program, Adult Treatment Panel III.

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