

Help reduce your risks. Get health screenings.

Getting health screenings can help prevent and detect health issues earlier, when they're often easier and less costly to treat. **Your health is worth it.**

Below is some general information about health screenings. **Talk with your provider about your annual wellness visit and when you should begin your screenings based on your age and risk factors.**

AllegianceSM
by Cigna Healthcare



Health Screenings for Men & Women

Blood Pressure*

Blood pressure measures the force of blood against the walls of an artery. Adults should start getting screened at age 18.⁷ Normal range: Less than 120/80 mm Hg²

Body Mass Index (BMI) and Healthy Weight*

BMI is based on a person's weight and height and provides a way to estimate the effect of weight on health. The higher the BMI, the greater the risk of some diseases, including high blood pressure, coronary artery disease, stroke, osteoarthritis, some cancers, and prediabetes/type 2 diabetes. Healthy weight BMI: 18.5-25 kg/m³

Cholesterol*

Cholesterol is an important type of fat (lipid) that is made by the body. It is needed for the body to function. However, excess cholesterol in the blood can build up in blood vessels and may lead to hardening of the arteries (atherosclerosis), heart attack, and stroke. Normal total cholesterol: <150 mg/dL.⁴

- **Low-density lipoprotein (LDL)** is called "bad cholesterol." Most efforts to lower cholesterol are aimed at reducing levels of LDL. Normal LDL: <100 mg/dL⁴
- **High-density lipoprotein (HDL)** is called "good cholesterol." It can help remove excess cholesterol from the blood vessels. Normal HDL: 40 mg/dl in men and 50 mg/dl in women⁴

Colon Cancer

Screenings are recommended for adults between ages 45 to 75. You may need to get screened earlier if you have other risks, such as family history.⁵ Talk with your provider about when you should begin. There are several screening tests, including stool-based tests and colonoscopies, and frequency depends on the chosen test (i.e. FIT (fecal immunochemical test) is completed annually, colonoscopy is recommended to be completed every 10 years).⁷

Depression and Anxiety

Talk with your provider if you are feeling sad, depressed, or losing interest in activities you used to enjoy.

Diabetes

Diabetes is a chronic disease that affects how your body turns food into glucose. Adults age 35 to 70 who are overweight or obese should get screened for prediabetes and type 2 diabetes.⁷ Normal fasting blood glucose <100mg/dl; Prediabetes 100-125 mg/dl and Diabetes 126mg/dl or higher.¹

Lung Cancer

Get annual screenings from age 50 to 80 if you have a 20 pack-year smoking history and are currently smoking, or have quit within the past 15 years.⁷

** Annual screenings recommended*



Get Healthier Today

- Be physically active and make healthy food choices.
- Get the vaccinations your provider recommends based off your age, including the annual flu vaccine.
- Maintain a healthy weight.
- Get enough sleep. Go to bed and get up at the same time every day.⁹
- Be tobacco-free.
- If you drink alcohol, limit it to one drink or less a day. One drink is 12 oz of beer, 8 oz of malt liquor, 5 oz of wine, or 1.5 oz of 80 proof liquor.⁶



Discuss additional recommended screenings and/or vaccinations with your provider based on your health history.

Health Screenings for Women

Breast Cancer

Starting at age 40, talk with your provider about when and how often to get a mammogram. Screening mammography is generally recommended to be completed every two years for women age 40 to 74.⁷

Cervical Cancer

Get a Pap test from age 21 to 65. If your test is normal, you can wait three years before your next Pap test. Starting at age 30, you can choose to get a Pap test every three years, or get both a Pap test and a Human Papillomavirus (HPV) test every five years. Talk with your provider about what is best for you.⁷

Osteoporosis

To prevent bone fractures, get a bone density screening at age 65 or earlier if you are postmenopausal under age 65 and have other risk factors.⁷ Osteoporosis is a disease that makes your bones thin, brittle, and easy to break. It's related to the loss of bone mass that happens as a natural part of aging.

Health Screenings for Men

Abdominal Aortic Aneurysm

This is a dangerous bulge in a blood vessel. Get this one-time screening between ages 65 to 75, if you have ever been a smoker.⁷

Prostate Cancer

For men age 55 to 69, the decision to undergo periodic prostate-specific antigen (PSA) screenings should be an individual one and discussed with your provider.⁸

Schedule your annual well visit today. Your well visit is covered at no cost when you use an in-network provider.*

*Not all preventive care services may be covered, and plans may vary. Please see your plan documents for preventive care coverage details.

AllegianceSM
by Cigna Healthcare

1. American Diabetes Association. "Understanding Diabetes Diagnosis" <https://diabetes.org/about-diabetes/diagnosis>

2. American Heart Association, Inc. "Understanding Blood Pressure Readings" <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

3. American Heart Association, Inc. "Body Mass Index in Adults" <https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-adults>

4. Centers for Disease Control and Prevention. "About Cholesterol" <https://www.cdc.gov/cholesterol/about/index.html>

5. Centers for Disease Control and Prevention. "Screening for Colorectal Cancer" <https://www.cdc.gov/colorectal-cancer/screening/>

CDC_AAref_Val=https://www.cdc.gov/cancer/colorectal/basic_info/screening

6. Centers for Disease Control and Prevention. "Alcohol Use and Your Health" <https://www.cdc.gov/alcohol/about-alcohol-use/>

CDC_AAref_Val=<https://www.cdc.gov/alcohol/faqs.htm>

7. U.S. Preventive Services Task Force. "USPSTF A and B Recommendations" <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations>

8. Centers for Disease Control and Prevention. "Should I Get Screened for Prostate Cancer?" <https://www.cdc.gov/prostate-cancer/screening/get-screened.html>

9. Centers for Disease Control and Prevention. "About Sleep" <https://www.cdc.gov/sleep/about/index.html>

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

© 2025 Allegiance Benefit Plan Management, Inc.