



BlueCross BlueShield  
of New Mexico

WELLNESS  CAN'T WAIT



## Wellness Can't Wait

- ☒ Catch up on your favorite show
- ☒ Get a haircut
- ☐ **Schedule a wellness visit**

Some things should be checked first.



# HAVE YOU PUT OFF VISITING THE DOCTOR OR HOSPITAL DURING THE COVID-19 PANDEMIC? YOUR WELLNESS CAN'T WAIT.

**Now is the time to get caught up on annual exams and needed check-ups** — especially if you have chronic conditions such as COPD, diabetes or high blood pressure. Regular care visits are very important to help you and your family stay healthy.

## Adult Health – for ages 18 and over

Preventive care is important!

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco
- Limit alcohol use
- Strive for a healthy weight

## Women's Health

Women have their own unique health care needs. To stay well, women should regularly meet with a provider for:

- Mammogram for women 40 or older, exam for breast lumps for women ages 18+
- Cholesterol check
- Cervical cancer screening
- Pap smear should be conducted every three years starting at the age of 21
- Full body skin check to examine for suspicious moles or skin lesions
- Low-dose aspirin use

## Men's Health

Men are encouraged to get care as needed and make smart choices.

That includes following a healthy lifestyle and getting recommended preventive care services, such as:

- Cholesterol check
- Prostate cancer screening
- Abdominal aortic aneurysm exam
- Full body skin check to examine for suspicious moles or skin lesions
- Low-dose aspirin use

## Child Health

Support the healthy development of your infant, child or adolescent by scheduling regular clinical preventive services, such as:

- Blood pressure screening
- Vaccinations
- Development screening
- Vision and hearing screening

**Your wellness can't wait** — delaying needed health care – including vaccinations, mammograms, colonoscopies or critical screenings – can have significant impact on the long term health of you and your family. Get caught up today!

**For more information, visit**  
<https://connect.bcbsnm.com/wellness-cant-wait>

Talk to your doctor about other risk factors and to decide which tests are right for you.

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