



# Bookmark Your Health.

Ask your doctor if these **health screenings** for men are right for you, when you need to get them, and how often.

- Blood Pressure Test**  
for high blood pressure
- Blood Sugar Test**  
for diabetes
- Digital Rectal Exam (DRE)**  
for prostate cancer
- Testicular Exam**  
for testicular cancer
- Colonoscopy**  
for colon cancer
- Mole Exam**  
for skin cancer

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Call a [Program Name]  
Health Coach today  
at **1-000-000-0000**.

Source: US Department of Health and Human Services

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# Bookmark Your Health.

Ask your doctor if these **health screenings** for women are right for you, when you need to get them, and how often.

- Blood Pressure Test**  
for high blood pressure
- Blood Sugar Test**  
for diabetes
- Mammogram**  
for breast cancer
- Pap Test & Pelvic Exam**  
for cervical cancer
- Colonoscopy**  
for colon cancer
- Mole Exam**  
for skin cancer
- Bone Density Test**  
for osteoporosis

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Call a [Program Name]  
Health Coach today  
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