



ONCE A YEAR,

TAKE THIS

HEALTHY

TIME OUT.

Studies show that many men say they're too busy to take time out to see a doctor when they're feeling fine.

But having an annual checkup is part of a winning game plan.

When you have a doctor you see once a year, you always know who you can call the other 364 days if something comes up.

You have someone who will watch your blood pressure, cholesterol, triglycerides, blood glucose, and other health indicators – and help you keep them in bounds.

And if you want to make a healthy change, like losing fat, adding muscle tone, or kicking tobacco – you've got a valuable teammate.

So if more than one Super Bowl has come and gone since you've seen your doctor... why not make the call today?

UPMC HEALTH PLAN

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If you are a UPMC Health Plan member, a Member Advocate will be happy to assist you with finding a doctor and making an appointment. Call 1-888-876-2756. Visit www.upmchealthplan.com to learn more about annual well doctor visits and other preventive services for UPMC Health Plan members.