

Your health, your future – why men's preventive care *matters*

Preventive care isn't about being sick—it's about staying well. For men, long work hours, busy schedules and lingering stigmas around seeking care often cause them to delay routine checkups and screenings that could help prevent serious conditions.

The reality

- Men are **less likely** than women to seek routine or preventive care¹
- Heart disease is the **leading cause of death among men** – accounting for nearly 1 in 4 male deaths²
- Men have **higher rates** of a cancer diagnosis and death than women³
- Men are **3.5 times more likely** to die by suicide than women⁴

Delaying care often means conditions are found later—when treatment is more complex and costly.

Why preventive care matters

- Many conditions are easier and less expensive to treat when caught early
- Routine checkups protect heart health, mental health, and overall wellbeing
- Staying healthy helps you show up for yourself, your family, your job, and your future

Key health checks for men

The first stop for preventive care is an annual well visit.* A well visit is your opportunity to:

- Ask questions and talk openly with your doctor
- Review your overall health – both physical and mental – and risk factors
- Stay on track with recommended screenings and immunizations

Your doctor may recommend services such as:

- Blood pressure and cholesterol checks
- Cancer screenings
- Prostate health discussions
- Immunizations

Taking care of your health supports long-term wellbeing. Staying up to date with preventive care can make a lasting difference.

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* A well visit or preventive service can sometimes turn into a "sick visit," in which out-of-pocket expenses for deductible, copay and/or coinsurance may apply. There may also be other services performed in conjunction with preventive care services that might be subject to deductible, copay and/or coinsurance. This does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as preventive services. Out-of-network/non-contracted providers are under no obligation to treat Excellus BlueCross BlueShield members, except in emergency situations. Please call the Customer Care number on the back of your member card or see your Evidence of Coverage for more information.

Sources:

1. [Mars vs. Venus: The Gender Gap in Health - Harvard Health Publishing - Harvard Health](#)
2. [About Men and Heart Disease | Heart Disease | CDC](#)
3. [Cancer and Men | Cancer | CDC](#)
4. [Men's mental health: Common challenges](#)



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