

# Studies show men don't seek regular care.

## But, why?

### 3 OF THE TOP EXCUSES

I don't have time.

It's too expensive.

I'm healthy, so why go?



#### Making time for regular care can be life-saving.

- ✓ Get a preventive exam and ask your doc about tests and screenings.
- ✓ When you're sick, get care anywhere on your mobile device. The Doctor On Demand® app is free and your benefits may apply.



#### You can't put a price tag on your health.

- ✓ Most preventive services are covered by your Wellmark health plan at no cost to you.
- ✓ PLUS, figure out your costs before you go with myWellmark®. Register or log in today!



#### Are you positive you're healthy?

- ✓ Talk to your doc about your risk for serious health conditions.
- ✓ Catch it early! Even if you're healthy on the outside, it's what's happening on the inside that matters.

### Find a doctor you trust. Your health depends on it!

myWellmark can help you quickly and easily know your benefits and find a doctor near you.

Visit [Wellmark.com](http://Wellmark.com) to log in.

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ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意: 如果您说普通话, 我们可免费为您提供语言协助服务。请拨打 800-524-9242 或 (听障专线: 888-781-4262)。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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