

# Advantage: **YOU!**

**Are you a man  
who has a  
doctor you call  
your own?**



**Good for you! You are more likely to live  
healthier and longer than men who do not.**

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. That gives you a big advantage.

You also 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 partner.

No doctor to call your own? Choose one today, and simply call for an appointment for an annual checkup.

**Give yourself a healthy advantage.  
Get yourself a doctor.**

**UPMC HEALTH PLAN**

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JUNE 2011 ADVANTAGE C20110622-01-A (MCG) 6/23/11

If you are a UPMC Health Plan member, a Health Care Concierge will be happy to assist you with finding a doctor and making an appointment. Call 1-888-876-2756. Visit [www.upmchealthplan.com](http://www.upmchealthplan.com) to learn more about annual well doctor visits and other preventive services for UPMC Health Plan members.