

Sticks and stones  
may break your bones ...



## And so can osteoporosis

- Schedule a Bone Mineral Density (BMD) test starting at age 65, and between the ages of 60 and 64 if you have a small body frame or other risk factors.\*
- Get your recommended daily amounts of calcium and vitamin D.
- Engage in regular weight-bearing exercise.
- Avoid smoking and excessive alcohol.
- Take medication for osteoporosis, if recommended by your physician.

**Check your benefits booklet to determine if your health plan coverage pays for this type of screening.**



**BlueCross BlueShield  
of Illinois**

\*National Osteoporosis Foundation

40896.0307L