



Men's Health Month

Men's Health Month is a great reminder of the benefits of staying on track with medical appointments, preventative screenings, and activities that support health and wellbeing.

Key Areas of Concern for Men

- High blood pressure
- High cholesterol
- Diabetes
- Heart disease
- Prostate cancer
- Colorectal cancer
- Depression

Ways for Men to Maintain Health

- Contact LifeMatters for assistance with tobacco cessation
- Eat a diet with lots of fruits, vegetables, whole grains, and lean proteins
- Engage in 30 minutes of moderate activity most days of the week
- Aim for seven to nine hours of sleep per night
- Limit alcohol intake to no more than two drinks per day
- Nurture healthy, supportive relationships with friends and family members



Visit mylifematters.com

- Take the **MyWellbeing Profile** to evaluate your physical wellbeing and schedule an appointment with a coach.
- Join **Togetherall** to find support groups for health conditions, emotional stresses, and other areas of concern.

Quick Tips:

- **Follow your doctor's recommendations for maintaining a checkup and screening schedule.**
- **Maintain a healthy weight by balancing your calorie intake with your activity level.**
- **Reach out to LifeMatters for assistance with mental health concerns.**

1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing
mylifematters.com • 24/7/365 • CRS TTY: 711

Call collect to **262-574-2509** if outside of North America

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474. This information is for educational purposes only and is not intended to take the place of medical advice.

