

NOVEMBER



MOVEMBER: MEN'S HEALTH AWARENESS MONTH

It's Time to Prioritize your Health!

Do not let life get in the way of your well-being. This November, let's focus on the importance of health screenings. As men age, the risk of developing health issues increases, but regular checkups and screenings can help detect problems early and improve the chances of successful treatment.

Important Health Screenings for Men

Regular health checkups are essential to prevent diseases and identify health risks early. The frequency of checkups may depend on age, family history, and lifestyle.

- Prostate Cancer Screening
- Blood Pressure Check
- Cholesterol Test
- Colon Cancer Screening
- Skin Cancer Check
- Diabetes Screening
- Osteoporosis Screening
- Eye Exam

The CDC recommends certain annual preventive care screenings. Scan the QR card to view the age and frequency limitations that apply to Southern Land's medical/prescription drug plan.



Tips for Men's Health

Beyond regular checkups and screenings, adopting a healthy lifestyle is key to improving your health and well-being:

- Stay Active: Aim for at least 30 minutes of moderate exercise most days of the week.
- Eat a Healthy Diet: Include plenty of fruits, vegetables, whole grains, and lean proteins.
- Limit Alcohol and Avoid Smoking: Reducing both of these can help prevent many health problems, including cancer and heart disease.
- Manage Stress: Practice mindfulness, meditation, and hobbies that reduce stress levels and promote mental well-being.

Mental Health: Breaking the Silence

Men's mental health is an important, but often overlooked, aspect of overall well-being. Cultural and societal pressures can sometimes discourage men from seeking help for emotional and psychological issues, leading to higher rates of untreated mental health conditions, including anxiety and depression. Prioritizing your overall health and well-being is important. Break the stigma by encouraging open conversations about mental health. Support is available.

Remember! Employees and eligible dependents have access to the Employee Assistance Program (EAP) through Guidance Resources, which offers confidential support for anxiety, depression, grief, life transitions, and so much more. Visit BenePortal for more information.

Sources:

- <https://healthylearn.com/connerstrong/hn/mens-health.html>
- <https://healthylearn.com/connerstrong/mens-health-checkup.html>
- <https://healthylearn.com/connerstrong/hn/important-health-screenings-for-men.html>
- <https://adaa.org/find-help/by-demographics/mens-mental-health>