



NOVEMBER

MEN'S HEALTH AWARENESS MONTH

Do not let the demands of daily life take priority over of your well-being. This November, we encourage you to focus on the importance of health screenings. As men age, the risk of developing health issues increases; however, regular checkups and screenings can help detect potential problems early and support better long-term health.

Important Health Screenings for Men

Regular health checkups are essential for disease prevention and early identification of health risks. The recommended frequency of checkups may depend on age, family history, and lifestyle. Key health screenings for men include:

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

Consult with your doctor to determine the appropriate frequency for these screenings based on your individual needs.

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



SOUTHERN LAND
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Mental Health Matters Too!

While men's physical health often receives significant attention, mental well-being is just as important. Emotional and mental wellness deserve the same care and attention as physical health. Yet, men's mental health is often overlooked, leading to a silent crisis. Men are nearly four times more likely to die by suicide than women, highlighting the urgent need to break the silence and seek support.

In 2023, among U.S. men age 18 and older:

- 19% experienced a mental illness
- 21.4% dealt with a substance use disorder
- 45.9% of those with a mental illness received treatment in the past year

Prioritizing mental health and seeking help when needed can make a significant difference. If you or someone you know is struggling, consider reaching out to a healthcare professional. Employees and eligible dependents have access to the Employee Assistance Program (EAP) through GuidanceResources, which provides confidential support for concerns such as anxiety, depression, grief, and many other challenges. For more information, please visit BenePortal.

Contact GuidanceResources:

- Call: **800.311.4327**
- Online: **guidanceresources.com** (SLC's Web ID: GRS311)

Sources:

- <https://healthylearn.com/connerstrong/hn/mens-health.html>
- <https://www.nami.org/get-involved/awareness-events/mens-health-month/>