



The Summer of Wellness is in full swing!

- **Have you signed up for [BurnAlong](#) yet?** Even better, did you extend this free wellness benefit to your family and friends? Don't forget to sign up for the informational sessions to learn more about this new well-being platform.
- **Join Level Up on **Friday, July 15**, for the [Drive-in Movie & Mini Field Day](#) event** featuring games and activities for kids of all ages from 5:30 p.m. to 8:30 p.m. At sunset, we're showing Minions (2015, rated PG) on the big outdoor screen! We'll have Chick-fil-A and popcorn for registered attendees. Space is limited for this event. [Register online today!](#)



June is Men's Health Month

June is National Men's Health Month and [Level Up](#) wants to encourage all men to live longer and healthier lives. According to the [U.S. Department of Health and Human Services Office of Minority Health](#) (OMH), this month is used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions such as exercising and eating healthy.

Help Reduce Your Risks

Getting preventive care and recommended screenings can help detect health issues earlier, when they're often easier and less costly to treat. Your health is worth it.



Important Screenings for Men

- **Blood pressure** – Adults should start getting screened at age 18.
- **Colon cancer** – Starting at age 50. You may need to get screened earlier if you have other risks, such as family history.

- **Cholesterol** – Talk with your doctor about when and how often to get your cholesterol checked.
- **Prostate cancer** – Start talking with your doctor at age 50, or earlier if you have risk factors.
- **Depression** – Ask for a screening if you feel sad, hopeless or lose interest in activities you used to enjoy.
- **Diabetes** – Get blood glucose checked as part of your cardiovascular assessment when you are age 40 or older and are overweight or obese.
- **Overweight and obesity** – Keep track of your body mass index (BMI) from your doctor or online resources.
- **Abdominal aortic aneurysm** (a dangerous bulge in a blood vessel) – Starting between age 65 and 75, if you have ever been a smoker.
- Any other screenings you're concerned about, such as glaucoma, hepatitis C, mental health, sexually transmitted diseases (STDs) or skin cancer.

Additional Resources

- [Centers for Disease Control & Prevention](#)
- [Omada](#) for Cigna & Kaiser Permanente members

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