



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.



Additional 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.



Register for the Summer of Wellness

Everything is better with prizes, right? Each month, Level Up will raffle off the following:

- **One Cuisinart Griddler**
- **One Ninja Smoothie & Food Processing Blender**
- **One \$100 Gift Card**

To be entered into the drawing each month, you must register and attend at least one webinar that month. Prize winners will be announced during the weekly Wellness Wednesday newsletters. Prizes will be distributed at the end of the Summer of Wellness Campaign.

Additional Resources

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

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