

You FIRST

Your Month of Well-being

June 2024

June is Men's Health Month!

Every June, we observe Men's Health Month. This time is all about encouraging men and boys to take charge of their health by making healthy lifestyle decisions such as eating right, exercising, and getting regular checkups and preventive screenings. Men's health is not just a 'man's issue', it's a family issue and can impact everyone. Check out some of the healthy habits men can adopt to improve their overall health!

Healthy Habits

- **Make healthy eating a priority every day.** Aim to add more fruits and vegetables to your diet and try to limit eating foods that are high in sugar, salt, and fat.
- **Get moving.** Make a personal goal to reach 150 minutes of physical activity and two days of muscle strengthening activity per week. Remember to participate in something you enjoy, it will help you stay motivated!
- **Prioritize prevention.** Schedule yearly checkups and regular health screenings with your primary care provider (PCP) or local health department.
- **Manage stress.** Taking steps to reduce stress can lower your risk of other conditions like heart disease, obesity, high-blood pressure, and depression.
- **Quit smoking.** Smoking is the primary cause of COPD and lung cancer. By quitting, you reduce your risk of heart disease, cancer, and lung disease.

Mental Health Tips

- **Understand that it's ok to seek help!** Unfortunately, the stigma attached to mental health is still prevalent, especially for men. Don't suffer in silence—talk to your significant other, family, friends, coworkers or see a trained professional if that is more comfortable.
- **Make connecting with others a priority.** When people are socially connected and have supportive relationships, they are better able to cope with hard times, stress, anxiety, and depression.
- **Pursue a passion.** Having a hobby you enjoy can positively support your mental well-being. Whether it's cooking, sports, traveling, reading, or hiking, be sure to take time to do activities that bring you joy.
- **Build a consistent routine.** Familiarity allows our brain to rest more easily and helps decrease the stress and anxiety that comes from constant change. Creating a routine and giving our brain predictable patterns can help to lighten the load.

Preventive Care

- **Get prostate health checked.** Prostate cancer is the most common cancer among men (after skin cancer), but the good news is that it can often be treated successfully. Familiarize yourself with the [risk factors](#) and get screened.
- **Check your blood pressure.** Heart disease is the leading cause of death for men in the United States. To reduce the risk, it's important for men **to get their blood pressure checked regularly.** [Learn more](#) about managing high blood pressure and lowering your risk.
- **Keep your cholesterol under control.** Maintaining healthy cholesterol levels is a great way to keep your heart healthy. It can also lower your chances of getting heart disease and having a stroke. The only way to know if you have high cholesterol is to [get your cholesterol checked.](#)
- **Get testosterone levels checked.** Testosterone peaks during the teenage and young adult years. It naturally declines with age, but lower than normal levels can be connected to diabetes, heart disease and depression.
- **Talk to your doctor.** Speak openly with your PCP about your health. Your PCP is not just there to treat you when you're sick, but to partner with you to help prevent health issues.

Wellness Wednesday Webinars!

Join the CareFirst BlueCross BlueShield (CareFirst) Wellness and Disease Management team once a month on Wednesdays to learn more about that month's health observance and how you can prioritize your health and wellbeing!

June 5, 2024: Tools for Men's Health

A comprehensive webinar that delves into men's unique health challenges and provides valuable insights, strategies, and resources for achieving and maintaining optimal health.

Click [here](#) or scan the QR code to register!



Available Resources

- **Inspirations and Unwinding:** Find help to reduce daily worry and stress. Both programs include videos and audio for relaxation, mindfulness, and better sleep behaviors. Get started at [CareFirst WellBeing](#).
- Use the **Find a Doctor** tool in [My Account](#).
- **CloseKnit:** A virtual-first primary care practice offering care 24/7/365. Download the easy-to-use app and get started today [Virtual-First Primary Care | CloseKnit \(closeknithealth.com\)](#).
- **Health Resources:** Check out Health Topics within [CareFirst WellBeing](#) to get up-to-date information on Men's Health. (sign up or log in, click *Discover*, then *Health Topics* and select *Men's Health*).

Join Blue365 and Start Saving Today!

Blue365 is a wellness discount program provided to insured CareFirst members (includes those with medical, dental, vision and disability coverage). This program delivers great discounts from top national and local retailers on fitness gear, gym memberships, healthy eating options, family activities and much more! To take advantage of Blue365, register now at [carefirst.com/wellnessdiscounts](#). In just a couple of minutes, you will be ready to shop!

Sources: [June is Men's Health Month | Homeland Security \(dhs.gov\)](#)

[Men's Health Month - Celebrated Each June \(menshealthmonth.org\)](#)

[Mental health tips for men \(piedmont.org\)](#)

[How Does Social Connectedness Affect Health? | CDC](#)