

You FIRST

Your Month of Well-being

September 2026

Mind & Body: Men's Health Matters

This September, we're highlighting men's health and the connection between mental and physical well-being. Whether you're focusing on your own health or supporting the men in your life, small steps like preventive care, regular movement and stress management can make a lasting impact. Join us as we explore practical ways to support a healthier mind and body.

Invest in Prevention

Men are less likely to schedule routine checkups, yet preventive care plays a vital role in detecting health concerns early and supporting long-term well-being.

- **Heart disease is the leading cause of death for men in the U.S.** Aim for a blood pressure below **120/80 mmHg** and total cholesterol below **200 mg/dL**. For more information, check out the [American Heart Association](#).
- More than 38 million Americans have diabetes, and **men face an increased risk as they age**. Regular screenings can help detect prediabetes early. Learn more from the CDC [here](#).
- **Cancer screenings:** Nearly **1 in 2 men** will develop cancer during their lifetime, and **1 in 8 will develop prostate cancer**. Stay up-to-date on recommended screenings for [prostate](#), [colon](#), [lung](#), [skin](#) and [testicular](#) cancers based on your risk factors.

Take charge of your health—schedule your preventive screenings and know your numbers.

Mental Health Matters

Nearly 1 in 5 men in the U.S. experience a mental illness each year, and more than [6 million men experience depression](#) annually.

- **Connection matters.** Strong relationships with friends, family and colleagues can help reduce stress and provide emotional support.
- **Support your well-being.** Regular exercise, quality sleep, healthy eating, and stress management [can improve mental health and resilience](#).
- **Know when to seek help.** Warning signs such as irritability, fatigue, difficulty sleeping or concentrating may indicate a need for support. Reaching out to a healthcare provider, employee assistance program (EAP), or trusted person is a sign of strength.



Scan the QR code for more information and support on men's mental health.

Sources: [Understanding Cancer in Men | American Cancer Society](#)
[Physical Health | Men's Health Network](#)

CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc., which are independent licensees of the Blue Cross and Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

Healthy Habits for Men

Healthy lifestyle habits can help lower the risk of chronic disease, boost energy levels and support both physical and mental well-being. Consider these simple ways to invest in your long-term health:

- **Get Moving.** Aim for at least 75 minutes of vigorous aerobic activity (or 150 minutes of moderate activity) each week and include muscle-strengthening activities at least twice weekly. Combining cardio and strength training supports heart health, muscle mass, bone health and healthy aging.
- **Fuel Your Body.** Eating five servings of fruits and vegetables each day can provide essential nutrients and help maintain long-term health.
- **Nourish Your Mind.** Try to add omega-3 fatty acids (salmon, nuts, flax seeds) into your diet. These foods are linked to decreased rates of depression and help create healthy gut bacteria.
- **Prioritize Sleep.** Men should aim for at least seven hours of sleep each night. Improve sleep quality by maintaining a consistent sleep schedule, limiting evening caffeine and alcohol and turning off screens before bed.

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 well-being!

September 2, 2026 at 12pm - The Whole Man: Mental & Physical Wellness Unlocked

Join us for an engaging webinar that explores the connection between mental and physical well-being, with practical strategies to help you manage stress, stay active, build resilience and take a proactive approach to their health.

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



CareFirst BlueCross BlueShield Member Resources

- **One-on-One Health Coaching:** As part of [CareFirst WellBeingSM](#), you can participate in personal health coaching—at no cost to you. Your health coach will work with you and provide the support, guidance and encouragement you need to see real results!
- **Find a Doctor** at carefirst.com/findcare.
- **CloseKnit:** Virtual-first primary care, urgent care, behavioral health services and more. Download the easy-to-use app and get started today. carefirst.com/closeknit
- **Inspirations and Unwinding:** Find help to reduce daily worry and stress. To access Inspirations & Unwinding, log in to or sign up for CareFirst WellBeing. Once logged in, select Your Wellness Resources. Next, click Relax & Reset.
- **Health Topics:** Log in to [CareFirst WellBeing](#) and navigate to Discover, then click Health Topics. Follow Men's Health, Prostate Cancer, Heart Disease and more to get up-to-date information on your timeline.

CloseKnit is a registered Trademark owned by, and is the trade name of, Atlas Health, LLC. Atlas Health, LLC d/b/a CloseKnit does not provide Blue Cross Blue Shield products or services and is providing in-person and telehealth services to CareFirst members. Atlas Health, LLC is a corporate affiliate within the CareFirst, Inc. corporate umbrella of companies.

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

Blue365[®] Featured Deal for September

Take charge of your health with the help of technology. Blue365[®] members can save up to **20% on select Garmin devices** to track activity, sleep, stress and more—helping you stay informed and motivated on your wellness journey.

🔗 **Learn more and save:** [Garmin Blue365 Offer](#)