



Men's health matters

Preventive care should be a normal part of every man's life. You and your family have access to benefits and programs to help you better manage your care, stay healthy and improve the quality of your life.



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"A man too busy to take care of his health is like a mechanic too busy to take care of their tools."
- Spanish Proverb

IMPORTANT FACTS ABOUT MEN'S HEALTH

More than ever now is the time for men to take a proactive approach to their mental and physical health. Here are four topics regarding men's health that are important to discuss:

40% of men only go to the doctor when they think they have a serious medical problem

- A far lower number of men book a routine check-up compared to women, possibly due to fear of diagnosis or being too embarrassed to ask for help. It's important to schedule routine preventive care. Use the Find Care feature to find in-network providers in your area.

Prostate Cancer affects 1 in 9 men

- One of the most common cancers among American men is prostate cancer and about 175,000 new cases of prostate cancer are diagnosed each year. Even though prostate cancer is slow in growth, it's important to screen regularly to be safe. Talk to your PCP today to see if a prostate exam is appropriate.

31% of men have suffered from depression in their lifetime

- Psychologists have documented that men are less likely to talk about their feelings. Men should be encouraged to talk about their emotions and seek help if needed—that is the first step to improving the statistics. Check out what behavioral health services you have access to on your Benefits Tab.

About 350,000 men die of heart-related diseases each year

- Overall, men's life expectancy is shorter than women due to lifestyle choices such as food and activity. According to World Health Organization statistics, men are more likely to drink heavily, and smoke compared to women, contributing to their increased risk of cardiovascular diseases.



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