

Top Health Tips

Just for men



Keeping up with regular preventive screenings and making simple lifestyle changes today can help you ward off disease, be more fit and live a healthier life. We have compiled the top health tips, just for men, to help you improve and maintain your health starting now.

You Have Specific Health Needs

Leading organizations suggest that men:

- **Select a doctor.** About half of men age 18 to 50 do not have a primary doctor. Having a doctor, who you see regularly, can help monitor any changes to your health. *[Esquire survey]*
- **Get preventive screenings.** Prostate cancer affects 1 in 6 American men and colorectal cancer is the third leading cause of cancer death. Ask your doctor about screenings after age 50, when the risk increases. *[American Cancer Society (ACS)]*
- **Take care of your heart.** Your doctor can help you monitor your blood pressure, cholesterol, and other risk factors and discuss heart-healthy lifestyle habits like getting regular exercise, eating right and limiting alcohol. *[Mayo Clinic]*
- **Perform testicular self-exams regularly.** Check for lumps and nodules. See your doctor for routine physicals. *[ACS]*
- **Seek help for stress or depression.** Men are four times more likely to commit suicide. *[National Institute of Mental Health]*
- **Eat healthier.** Focus on low-fat dairy products, fish, lean meats, grains, fruits and vegetables. And control your portions. This helps reduce weight and belly fat—a major risk factor for many diseases. *[Mayo Clinic]*
- **Stop smoking.** Smoking is bad for the heart and causes lung cancer—the second most common cancer in men. *[Centers for Disease Control and Prevention]*

Remember... Your Personal Health Advocate is your partner in health and can help you find a doctor, schedule appointments, screenings or tests, and assist you with a variety of other healthcare and insurance-related issues. Eligible employees, their spouses, dependent children, parents and parents-in-law can use the benefit. Just call or email answers@HealthAdvocate.com.

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