

## **BENEFITS SPOTLIGHT OF THE MONTH:**

### **Men's Health Awareness**

Men's Health Month is an annual observance aimed at raising awareness of preventable health problems and encouraging early detection and treatment of disease among men and boys.

#### **Prostate Cancer Affects One in Nine Men.**

According to the American Cancer Society, there are about 175,000 new cases of prostate cancer diagnosed each year, and prostate cancer is the most common cancer among American men. Given these statistics, it's important to ensure that at-risk men are being screened for prostate cancer—especially considering men's known reluctance to seek preventive care.

#### **Mental Health is One of the Most Stigmatized Issues Affecting Men.**

Many of us, including men, struggle with their mental health and the stigma that surrounds it. The American Psychological Association reports that 30.6% of men have suffered from depression in their lifetime. Hesitation to seek care may be worsening this issue

Lifestyle changes can help prevent many health conditions that commonly affect men. Whether you're a guy who's ready to get serious about your health, or a woman who wants to help keep the men in your life healthy, review the tips in the below section.

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## **BENEFITS AT WORK FOR YOU**

**Take charge of your health:** See your doctor regularly, and talk about healthy habits that can reduce your risk for cancer and heart disease. Your medical plan covers your annual preventive care at no charge to you.

**Watch your waist:** Regardless of your weight, a waist that measures more than 40 inches increases your risk for heart disease, type 2 diabetes and colorectal cancer. Help reverse your risk by reducing your waistline through healthy eating and exercise.

**Do a mental check:** Stress impacts your health, so make time for healthy ways to unwind. And, if you're dealing with something like depression or anxiety, don't hold it in. Reaching out for help is a sign of strength – not weakness. For more information about mental health and to access your EAP benefits, call 866.248.4096 or visit their website at [cx.optum.com/mentalhealthmonth](https://cx.optum.com/mentalhealthmonth)

### **DID YOU KNOW?**

**Friday, June 18, 2021** is Wear Blue Day. Wear Blue Day is celebrated by private corporations, government agencies, sports teams, and individuals to show their concern for the health and wellbeing of boys and men. For more information on Wear Blue Day, please visit: [Wear Blue – Friday \(menshealthnetwork.org\)](https://www.menshealthnetwork.org)