

BENEFITS SPOTLIGHT OF THE MONTH:

Men's Health Awareness

November is Men's Health Awareness Month and the Movember Foundation uses the month to bring awareness to and support of those tackling prostate cancer, testicular cancer, mental health, and suicide. Movember is the only global charity focused solely on men's health. The Foundation raises funds to deliver innovative, breakthrough research and support programs that enable men to live happier, healthier, and longer lives. During Movember, men are challenged to grow a moustache, and men and women can be physically active and move or host a fundraising event.

GET INVOLVED:

Here are some ways to get involved and support the Movember Foundation:

- Grow a moustache – Raise funds for men's health with a Mo of your own.
- Move for Movember – Run or walk 60 miles during the month of November to raise awareness for the 60 men that die globally every hour due to suicide.
- Host a Mo-ment - Rally a crew and do something fun and easy, virtual or in person. Hosting is all about having a good time for a good cause.
- Mo your own way – Chose your own adventure and run with it.

BENEFITS AT WORK FOR YOU

MENTAL HEALTH: Movember looks at mental health through a male lens, focusing on prevention, early intervention and health promotion. If need to speak with a counselor or for more information about mental health and accessing your benefits, by calling 866-248-4096 or logging in to the Optum website at and using the below access code.

- Website: www.liveandworkwell.com/content/en/public.html
- Access code: fanatics

PROSTATE SCREENINGS: Prostate cancer is the most commonly diagnosed cancer in men in the United States. Prostate screenings are covered at 100% of the allowable charge through Blue Cross Blue Shield and are limited to one (1) per member per benefit year.

DID YOU KNOW?

Two mates (Travis Garone and Luke Slattery) met up for a quiet beer in Melbourne, Australia, and the idea that sparked Movember was born. The moustache had all but disappeared from fashion trends but they found 30 guys willing to take up the challenge.

From humble beginnings in Australia in 2003, the Movember movement has grown to be a truly global one, inspiring support from over 6 million Mo Bros and Mo Sisters around the world.