

Manage your health

Take advantage of well-being resources for yourself, your family and your future.



June is Men's Health Month

It's Men's Health Month — the perfect time to remind yourself, your father, your son, or other males you care about, to be more aware of healthy habits and stay a step ahead of preventable conditions.

Many people avoid the doctor until a condition has become a serious health threat. This is especially true for men. But the leading men's health conditions, such as heart disease and lung cancer, are preventable. So, this month, make a plan to protect your health.

Three steps to a healthy body and mind:

1 Practice prevention.

If you put off preventive screenings during the pandemic, make the appointments now. Preventive care such as an annual physical, biometric screening, and dental cleaning can catch small concerns before they get serious.

2 Make time to monitor.

Listen to your body and check in with your Primary Care Physician (PCP) if you feel anything different than normal. Partner with your PCP to monitor risk for chronic illnesses. Get support through free and confidential programs such as **Omada** to lower diabetes risk and **Hello Heart** to reduce high blood pressure.*

3 Say goodbye to your gut.

Carrying extra weight, especially in your belly, makes your heart work harder and increases the chances of heart disease, stroke and diabetes. Maintain a healthy weight through a nutritious diet and regular exercise to curb risks as you age. Need help with meal planning or options for a nutritious diet? Contact a Fit for Life Health Coach at 207-442-3145.

Here comes the sun

Before you head outside, apply sunscreen to all exposed skin. Don't forget your neck, ears and hairline. Reapply every two hours to prevent skin cancer — the most common cancer among men.

Mind your mind

Depression and suicide are leading threats to men's health. The good news: they are very responsive to treatment.

Call **Life365** for free, confidential support, 24/7, at **877-622-4327** or go to **myCigna.com**.



If you do one thing in June, get to know your current numbers. Get an annual physical from your doctor to see your health status and risks—so you can take healthy actions.

*Go to mycastlight.com/general-dynamics or text **APP** to **35925** to get a link to download the Healthy Rewards mobile app powered by Castlight to access Omada and Hello Heart. Message and data rates may apply.