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.

Men’s Health Tips

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Men 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 (CDC)]

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.