



## Men's Health Month

June is Men's Health Month, a time to bring special awareness to health issues commonly affecting men. Studies show that men are less likely to see a primary care doctor and they die at higher rates from the three leading causes of death: heart disease, cancer, and accidental injuries. This month is a good opportunity to talk to your loved ones about healthy habits that can lower their risk for health problems.

1. **Get an annual preventive care check-up.** Even if you feel fine, a regular check-up can help catch small health problems before they become big ones. Your doctor can recommend any screenings or tests you may need, like colorectal cancer screenings or blood sugar testing. And when you see a [doctor in your network](#), the costs of preventive services are 100% covered under your health plan.
2. **Eat a heart-healthy diet.** This includes plenty of whole grains, lean proteins, fruits, and vegetables (try making half your plate fruits and veggies).
3. **Aim to exercise for 30 minutes per day.** Take advantage of the nicer weather and get outside for a walk or participate in your favorite sport!
4. **Kick your nicotine habit if you have one.** Whether it's living longer or feeling (and looking) younger, find your motivation to quit.
5. **Take care of your mental health.** Life can be stressful and demanding. If you're struggling to cope, talking with a mental health professional can help. [Learn more about behavioral health support and care options.](#)

## My Health Rewards by Medica®



### My Care Checklist

My Care Checklist makes it easy to stay on top of your health care. [Sign in](#) to your My Health Rewards account, go to the "Health" tab, and use My Care Checklist to get friendly reminders when it's time for an appointment, screening, or checkup.

### Reminder: Step it Up to a Better You challenge

It's time to make a change in your life and reinvent yourself! All it takes are a few lifestyle changes to improve your physical and emotional health. The process starts with you, so let's take the first step together. Are you ready? [Sign in](#) to your My Health Rewards account to join on June 1.

**Who can join?** Employees and family members ages 18+ who are enrolled in a Medica health plan and have a [My Health Rewards by Medica® Standard or Results account](#).

**Registration dates:** June 1 - 12, 2024

**Challenge dates:** June 10 - 24, 2024