



# Z TAKE CHARGE OF YOUR HEALTH

## Replace bad habits with healthier ones.

#### Seek regular care.

Talk to your doctor about routine appointments and age-appropriate exams and screenings.

#### **Protect your** skin.

Men are more likely than women to develop skin cancer, so wear sunscreen and talk to your dermatologist.

#### Quit tobacco.

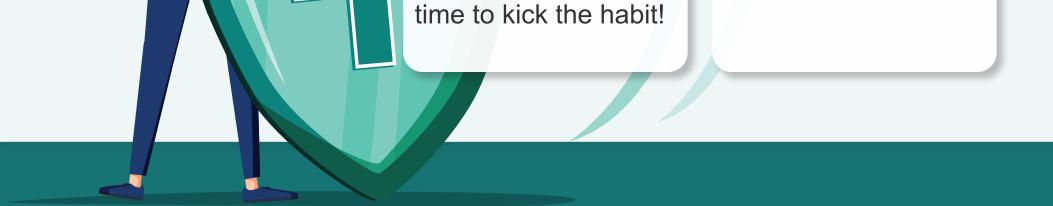
Men who use tobacco are 17 times more likely to develop bronchitis and emphysema.\* It's

### **Don't bottle** up feelings.

Identify anxiety, stress and depression in your life and make an appointment to see a therapist.

### **Practice good** oral hygiene.

Oral health is key. Visit the dentist twice a year and brush and floss twice daily.



#### To learn more helpful tips about maintaining a healthy lifestyle, visit BeWellSHBP.com/MensHealth or call a health coach at 888-616-6411.

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\*Source: https://www.cdc.gov/tobacco/data\_statistics/fact\_sheets/health\_effects/tobacco\_related\_mortality/index.htm