

MEN:

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.

Don't bottle up feelings.

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

Quit tobacco.

Men who use tobacco are 17 times more likely to develop bronchitis and emphysema.* It's time to kick the habit!

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](https://www.bewellshbp.com/MensHealth) or call a health coach at **888-616-6411**.