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 **“Since that day I opened up about my emotions, it’s been so much easier to enjoy life.”**

**-Michael Phelps**

**Wear BLUE Day 2020**

[It may come as no surprise that men are less likely to go to the doctor than women.](https://www.webmd.com/men/routine-health-maintenance-men#4-9) But that means once they seek help, their conditions are often more serious.

[Friday, June 19th is Wear BLUE Day](http://www.menshealthnetwork.org/wearblue/). Encourage your fellow employees to wear blue to raise awareness about the importance of men’s health and getting regular check-ups.

Getting check-ups can help men stay healthy and prevent disease and disability. [Encourage them to prepare for visits with this checklist from the CDC](https://www.cdc.gov/family/checkuplist/index.htm):

* Have you noticed any body changes, lumps or skin changes?
* Are you having pain, dizziness or fatigue?
* Have your eating habits changed?
* Have you experienced any depression, anxiety or sleeping problems?
* Have you taken medication as directed?
* How much are you exercising?

Remind men about these resources available to State of Tennessee employees.

[ActiveHealth Digital Wellness Platform](https://www.youtube.com/watch?v=-XLJK5QZsL8&feature=youtu.be):

* Secure access to personalized health information
* Wellness tips, hundreds of articles, healthy recipes, videos, games and quizzes
* Syncs to your wellness tracker (Fitbit, Apple Watch, etc.)
* Get started at [www.MyActiveHealth.com/WellnessTN](file:///C%3A%5CUsers%5Cag04iw2%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CTH7U92M9%5Cwww.MyActiveHealth.com%5CWellnessTN)

[Here4TN.com](https://www.here4tn.com/):

* Master’s level specialists are available 24/7 to help with stress, legal, financial, mediation and work/life services.
* [Talkspace](https://www.here4tn.com/content/dam/cex-consumer/state-of-tn/documents/SOT_Optum_Talkspace_Flyer.pdf) – Regularly communicate with a therapist safely and securely from a phone or desktop.
* [Sanvello](https://www.here4tn.com/content/dam/cex-consumer/here4tn-etoolkit/documents/Here4TN-Sanvello-Flyer.pdf) – On-demand help to dial-down stress, anxiety, depression – anytime.

**Follow us on social media!**



**Let’s Talk about Men’s Health**

Let’s support each other on #WellnessWednesdays over on our [Facebook Page](https://www.facebook.com/WFHTN/)! (Be sure to let us know what department you’re with.)