



## Wear BLUE Day 2020

It may come as no surprise that men are less likely to go to the doctor than women. But that means once they seek help, their conditions are often more serious.

Friday, June 19<sup>th</sup> is Wear BLUE Day. 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:

- 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:

- 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](http://www.MyActiveHealth.com/WellnessTN)

### Here4TN.com:

- Master's level specialists are available 24/7 to help with stress, legal, financial, mediation and work/life services.
- Talkspace – Regularly communicate with a therapist safely and securely from a phone or desktop.
- Sanvello – On-demand help to dial-down stress, anxiety, depression – anytime.

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

**-Michael Phelps**

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**Let's Talk about Men's Health**

Let's support each other on #WellnessWednesdays over on our [Facebook Page!](#) (Be sure to let us know what department you're with.)