

MEN'S HEALTH MONTH



5 years

According to the Centers for Disease Control and Prevention, on average men die five years earlier than women, and die at higher rates from the three leading causes of death: heart disease, cancer and unintentional injuries.

Encourage the men in your life to take control of their health.

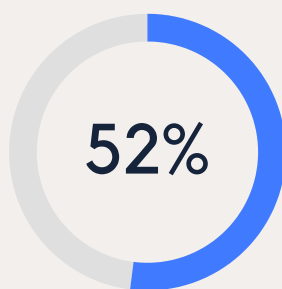
Getting check-ups can help men stay healthy and prevent disease and disability. Encourage them to prepare for visits with this checklist from the CDC:

- 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?



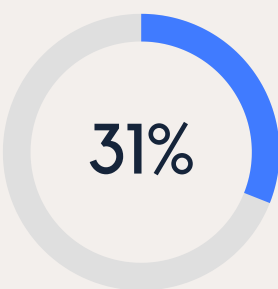
From the CDC:

Hypertension



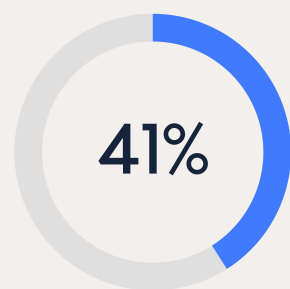
Percent of men aged 20+ with hypertension

Alcohol Use



Percent of men aged 18+ who had five or more drinks in one day at least once in the past year

Obesity



Percent of men aged 20+ with obesity

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

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 and depression – anytime

Learn more at <https://www.cdc.gov/nchs/fastats/mens-health.htm>