



## Men's Health

June's Health Observance is Men's Health. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [Heart Disease in Men](#)
- [Health Tips for Men](#)
- [Men's Preventive Health Tips](#)

## United at Work Presentation of the Month

### Men's Health



Click here for the [Men's Health](#) education presentation where participants will learn important information on various aspects of men's health, including leading causes of death for men, risks and barriers to men's health, suggested checkups and screenings, and other tips to help men lead healthier lives. Take the quiz and check your answers below.



Men's Health Quiz



Men's Health Quiz Answers

## Nationwide Infant Formula Shortage



To help support UnitedHealthcare members during the current nationwide infant formula shortage, concerned members should contact the customer service phone number on their insurance card and ask to speak with a maternity nurse or advocate.

Maternity nurses and advocates will offer telephonic advice and provide websites and resources for more information. Two of the websites include:

**[UnitedHealthcare Healthier Lives website:](#)** The UnitedHealthcare Healthier Lives website includes community resources on where to find support with food, diapers and other essential supplies. Simply type in what you're looking for and your ZIP code.

**[AAP Healthy Children website:](#)** The American Academy of Pediatrics (AAP) Healthy Children website offers an infant formula shortage Q-and-A, as well as direct links to other helpful resources.

## Health Tip Flier of the Month

UnitedHealthcare | Health Tip

### Health tip: Men's health

It is important for men to exercise, eat healthy and take care of themselves mentally. Thirty-five percent of men over the age of twenty are classified as obese. Additionally, an average of 1 in 3 men over the age of twenty are living with high blood pressure.<sup>1,2</sup>

#### Leading causes of death for men

The leading cause of death for men is heart disease. While this is also the leading cause of death for females, the average is higher for males. The other leading causes of death for men are:

- Cancer
- Unintentional injuries of accidents<sup>2</sup>

#### There are many risk factors that impact the health of men

Some of these include:

- Obesity
- Unhealthy diet
- Lack of exercise
- Smoking
- Drinking alcohol
- Inadequate sleep
- And not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings<sup>4</sup>

#### Men & social isolation

Research has shown that men tend to be more socially isolated than women as they age, even more so if they are single and living alone. It is important for men to stay socially active to reduce the risk of isolation. Ideas for staying socially active include:

- Joining a sports team or coaching a sports team
- Take a class or learn a new skill
- Join a game night
- Do volunteer work<sup>3</sup>

#### Men & stress

Men often suffer greatly from stress, but are more likely to keep it bottled up to protect their image. It is important for men to find healthy ways to manage and reduce stress such as:

- Find support / talk to a friend or doctor
- Exercise
- Meditation
- Massage<sup>3</sup>

continued

### July Preview

#### July's Health Observance is Summer Safety

Health Tip Flier of the Month: Hydration and healthier beverages

United at Work Presentation of the Month: Summertime Health