



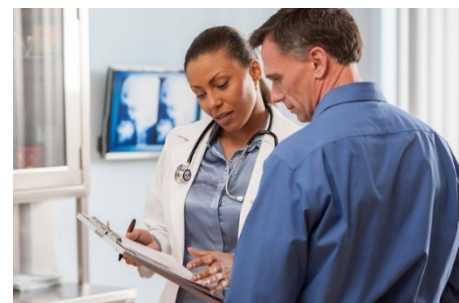
About Men's Health Month

June is National Men's Health Month and for the entire month, [Level Up](#) will be sharing information to encourage all men to live longer and healthier lives. According to the [U.S. Department of Health and Human Services Office of Minority Health](#) (OMH), this month is used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy.

WEBINAR: Men's Health ~ Mon., June 22

Join us for a Men's Health webinar and learn the risk factors and simple lifestyle changes including weight management that can help you avoid chronic diseases.

- **Webinar:** Men's Health
- **Date:** Monday, June 22
- **Time:** 12:30 p.m. to 1:30 p.m.
- **Register:** [Sign up today](#)



Preventive Care & Setting Goals

Preventive care is the key to staying healthy. What can you do to stay healthy and live a long life? There are plenty of goals you can set for yourself—right now:

Goal #1: Eat healthy

- Fill half of your plate with fruits and vegetables.
- Drink water instead of sugary drinks.
- Reduce saturated fats found in high-fat meats and cheese and skip the fried foods.
- Make half of your grains whole grains. Try whole grain bread and brown rice.
- Get lean protein from seafood, lean meats, skinless chicken, beans and soy products.



Goal #2: Maintain a healthy weight

- Lose weight gradually by reducing calories and adding exercise.
- Fit exercise into your daily routine and make it a habit.
- Know your body mass index (BMI) and waist measurement.
- Set realistic goals and check your progress.
- Reward yourself when you succeed.



Goal #3: Be active & stay active

- Moderate aerobic activity (*such as brisk walking, doubles tennis*). Aim for at least 150 to 300 minutes per week.
- Vigorous aerobic (*such as running, swimming laps*). Aim for at least 75 to 150 minutes per week.
- Muscle-strengthening activities. At least two days per week.



Important: Consult with your doctor before starting a new exercise program.

Goal #4: Be tobacco-free

- Smoking is bad for your health. It is a top cause and death of cancer.
- It can cause these cancers: Lung, stomach, colon, kidney, throat, pancreas and several others.
- It causes heart disease, stroke, diabetes, osteoporosis, chronic bronchitis, rheumatoid arthritis and more.
- It puts you at a higher risk of getting pneumonia, tuberculosis and other airway infections.
- If you are ready to quit, take advantage of these resources from your health plans:

As a CIGNA member

Join the [Cigna Lifestyle Management Program](#), to help you kick the habit for good. Work with a trained wellness coach who will help you: (1) Create a personal quit plan with a realistic quit date; (2) Talk about ways to kick the habit for good; (3) Get free over-the-counter nicotine replacement therapy. Take the first step, go to the [Tobacco Cessation Program](#) or call 855-246-1873.

As a Kaiser Permanente member

[Breathe](#) is an online program that helps you look at why it's hard to quit smoking and supports your motivation to quit. This program can help you boost self-confidence, cope with cravings and stress, and find healthy alternatives to smoking. To get started, go to kp.org/breathe or call 866-862-4295. After completing the online questionnaire, you'll receive a customized action plan showing you ways to quit smoking and breathe easier.

Goal #5: Know your health risks

- Your family history, lifestyle, habits, environment and current health factors play a part in determining your health risks.
- Know your numbers for cholesterol, blood pressure, blood glucose (blood sugar) and body mass index (BMI).
- Use these numbers to complete a health assessment.
- Manage changes to help reduce your health risks.



Goal #6: Get all recommended health screenings

- Getting regular health screenings could help save your life.
- Many top causes of illness and death can be prevented or managed. This includes heart disease, certain cancers and diabetes.
- Screenings can help identify health issues before they become a problem.
- Stay on top of getting screenings for:
 - Cholesterol levels
 - Blood pressure
 - Colon Cancer
 - Prostate Cancer
 - Diabetes/blood glucose level
 - Others your doctor may suggest

Tip: Use your birthday as a yearly reminder to schedule recommended screening tests.



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