



## June is Men's Health Month

June is National Men's Health Month and [Level Up](#) wants to encourage all men to live longer and healthier lives. 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.

### Help Reduce Your Risks

Getting preventive care and recommended screenings can help detect health issues earlier when they're often easier and less costly to treat. Your health is worth it.



### Additional Screenings for Men

- **Blood pressure** – Adults should start getting screened at age 18.
- **Colon cancer** – Starting at age 50. You may need to get screened earlier if you have other risks, such as family history.
- **Cholesterol** – Talk with your doctor about when and how often to get your cholesterol checked.
- **Prostate cancer** – Start talking with your doctor at age 50, or earlier if you have risk factors.
- **Depression** – Ask for a screening if you feel sad, hopeless or lose interest in activities you used to enjoy.
- **Diabetes** – Get blood glucose checked as part of your cardiovascular assessment when you are age 40 or older and are overweight or obese.
- **Overweight and obesity** – Keep track of your body mass index (BMI) from your doctor or online resources.
- **Abdominal aortic aneurysm** (a dangerous bulge in a blood vessel) – Starting between age 65 and 75 if you have ever been a smoker.

### Additional Resources

- [Active & Fit Direct](#) – Cigna members
- [One Pass](#) – Kaiser Permanente members
- [National Alliance on Mental Health \(NAMI\)](#)
- [Omada](#) for Cigna & Kaiser Permanente members

## **Wear Blue on Friday, June 13**

### **Bring Awareness to Men's Health Month**

Show your support for the men and boys in your life by participating in [Wear BLUE Day](#) on Friday, June 13. Send a photo of you creatively wearing blue at [LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us) and you could win a special prize! Other ways to show support for Men's Health Month include:

- Start general health conversations with your male loved ones.
- Gently encourage them to make regular, annual visits to their doctor for wellness check-ups.



## **Everyone's Leveling Up This Summer, Are You In?**

**Join the Summer of Wellness fun – [register now!](#)**

### **Webinar Wellness Prizes**

Everything is better with prizes, right? Each webinar week, Level Up will raffle off the following:

- **One Ninja Mega Kitchen System**
- **One \$100 Gift Card**
- **One Ninja Foodi 6-in-1 Countertop Grill**



### **Here are the winners for Week 1:**

- Ninja Mega: Allison Gibson ~ State's Attorney's Office
- \$100 Gift Card: Kamal Bekkali ~ Office of Central Services
- Ninja Foodi: Amanda Tayag ~ Police Department



**To be entered into the drawing each webinar week, you must register and attend at least one webinar that month.** Prize winners will be announced during the weekly Wellness Wednesday newsletters. Prizes will be distributed at the end of the Summer of Wellness Campaign.



**Thanks for participating in our mental health and wellness events! [Watch the video](#) to relive the powerful moments and uplifting energy!**

Office of Human Resources Management  
Level Up – Employee Wellness Program  
1400 McCormick Drive  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)

