



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

- [National Alliance on Mental Health \(NAMI\)](#)
- [Omada](#) for Cigna & Kaiser Permanente members
- Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on [mindfulness](#) and [well-being](#) — free webinars available to all employees. Register and tune in!

Roundtable Talk ~ Men's Health ~ TODAY 6/24

The Health Department is hosting a powerful conversation – [register NOW!](#)

THE ROUNDTABLE
KIDNEY DONATIONS & MEN OF COLOR

JOIN US AS WE TALK ABOUT KIDNEY DONATIONS & MEN OF COLOR

MICROSOFT TEAMS MEETING (ONLINE)
WEDNESDAY, JUNE 24TH, 2026
11:00 AM – 12:00 PM

Join us for a powerful conversation about kidney disease, living kidney donation, and why men of color are disproportionately impacted by this life-threatening disease.

OPEN TO THE PUBLIC

DR. TOYIN OPESANMI
HOST

ACTOR ERRON JAY
TRANSPLANT RECIPIENT - MENTOR

RODRIGUS SPRINGFIELD
TRANSPLANT RECIPIENT - MENTOR

MICHAEL DAVIS
TRANSPLANT RECIPIENT - MENTEE

Elevate PRINCE GEORGES **PHILIPPS HEALTH**
One County United

The Summer of Wellness

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management

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 Portable Smoothie Blender**
- **One \$100 Gift Card**
- **One Under Desk Elliptical Machine**

Winners from the June 17 webinar

- Brion Robinson ~ Office of Procurement
- Catherine Adams ~ Dept. of the Environment
- Hannah Mitchell ~ Health 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.

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