



Strength in health

Men's health matters

Studies show men are less likely to seek medical care for a number of reasons. Some avoid care because they feel fine. Others are nervous about an exam or what it might reveal. Some men even see medical care as a sign of weakness. But staying healthy is a sign of strength. It's important to keep your whole health in check.

Be sure to get your yearly preventive exam and any screenings your doctor may recommend. Screenings can help find health problems early, when they're easiest to treat. And, early treatment can help you save money on future health care costs. More importantly, it can also help save your life.

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Top health tips for men



Men can make simple lifestyle changes to help ward off disease, be more fit and live a healthier life. There are numerous things you can do every day to improve your health and stay healthy. **We've compiled the top tips to help you get started.**

-  **Select a doctor.** Having a doctor who you see regularly can help monitor any changes to your health.
-  **Get preventive screenings.** Talk to your doctor about when and how often to have the following screenings based on your specific risk factors, family history and age: prostate cancer screening, colon cancer screening, bone density screening for osteoporosis.
-  **Take care of your heart.** Your doctor can help you monitor your blood pressure, cholesterol, and other risk factors and discuss heart-healthy lifestyle habits. *Mayo Clinic, 2018*
-  **Perform testicular self-exams regularly.** Check for lumps and nodules. *ACS, 2018*
-  **Eat balanced meals.** Follow this simple rule: Make half your plate fruits and vegetables, one quarter protein, and one quarter grains at each meal.

-  **Stay on top of mental health.** It's important to talk to someone or seek help if you're stressed, anxious, feeling depressed or if you think something else might be wrong. The suicide rate among men is nearly four times higher than among women. *National Institute of Mental Health, 2017*
-  **Limit alcohol and quit tobacco.** Men who have more than 2 drinks daily are at higher risk for certain diseases, such as cancer. Tobacco use is the leading cause of preventable disease, disability, and death in the United States. *CDC, 2019*
-  **Exercise regularly.** Strive for both resistance training (at least 2 days per week) and cardio activities (at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity).
-  **Strive for good sleep.** Aim to get between 7.5 and 8.5 hours of quality sleep per night.

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Keeping up with your health

Think about your total well-being. Here are some focus areas for men.



Take care of your heart

Even if you don't have symptoms, men are at greater risk for heart disease.¹ Make sure to get your blood pressure checked. Stay active and keep a healthy weight. And if you smoke — quit. Check with your doctor for help getting started.



Get screened

Getting checked for colorectal cancer becomes more important as you grow older. Recommended screenings begin at age 45.



Recognize your feelings

Depression affects both men and women. But men are less likely to talk about their feelings or get treatment. Know the signs and talk to your doctor with concerns. You can do a self-check by logging in to your member website at **Aetna.com**.



Seek friendships

Friends are often tied to common interests like a hobby, sports, raising children or jobs. That means they can change over time, making them harder to keep. Make time for others. Friendships can have a positive impact on your health.²



Stay involved

Find your passion. Join a club, learn a new skill, go back to school, volunteer or find other ways to be part of your community. Having interests helps you build meaning in your life.



Be fiscally fit

Plan for your future and invest each month in a retirement savings plan. Even a small amount adds up over time. Pay down debt and have an emergency fund set aside.

Make caring for yourself a priority. Take steps to get started today. To learn more, log in at **Aetna.com** and look under "Stay Healthy."

¹Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death, 1999–2017. Accessed October 16, 2019.

²Health & Human Services. Healthy Friendships in Adolescence. Available at <https://www.hhs.gov/ash/oah/adolescent-development/healthy-relationships/healthy-friendships/index.html> Accessed October 16, 2019,

This information is not intended to replace the advice of a doctor. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. For more information about Aetna plans, refer to **Aetna.com**.