

healthy choices



live well. be well.

# Men's Health



It's easy for guys to get out of the habit of routine care. But as you reach midlife, this is one habit you should start, not stop.

## Staying Healthy in Your 40s

Don't dread your 40s, celebrate them and put yourself on a healthy path so you can feel great and enjoy life to its fullest.

### Tips on Healthy Aging

Men want to remain active and strong and look their best just like women. But, men have their own set of health concerns as they age. Here are some tips just for men in their 40s:

**Schedule annual exams**

**Get screened for prostate cancer**

**Talk to your doctor about erectile dysfunction (ED)**

**Get heart-healthy**

**Reduce stress**

Getting older doesn't have to be a bad thing. While you may not be able to avoid thinning hair or wrinkles, you can still feel great in your 40s and beyond when you take simple steps for a healthy lifestyle.

## Screenings beyond COVID-19 pandemic

Delaying or avoiding a checkup or screening as we emerge from the COVID-19 pandemic could lead to a treatable situation turning deadly.



About 1 man in 8 will be diagnosed with prostate cancer during his lifetime.

Do yourself and your family a favor by protecting your health with regular appointments and screenings.

# Inspiring Men to Live Healthier



It's easy to let routine screenings slip by, but as you get older, checkups will be increasingly important. Men in particular may be more hesitant to see a physician, but routine health screenings are an essential part of preventive care.

## Health screenings

Health screenings are a vital part of living well, and they allow physicians to detect conditions and disease in early stages. Your body is like an engine. Here are some system checks you might expect to encounter at your check-up.

- *Physical exam*
- *Body mass index check*
- *Skin exam*
- *Blood pressure Check*
- *Weight check*
- *Immunization status check*

## 5 Topics to discuss with your primary care provider

### Colonoscopy

The most effective way to reduce your risk of colon cancer.

### Blood Pressure/Cholesterol

The two main causes of heart disease and stroke.

### Shingles Vaccine

If you are over the age of 50, it's recommended that you should get vaccinated.

### Prostate

PSA: A simple blood test to screen for any prostate problems.

### Type 2 Diabetes

A simple blood sugar test can indicate that you need to make an action plan.

# Important Changes with UFCW Local 655 Welfare Fund for 2022



Effective 1.1.2022, Anthem will be partnering with the Welfare Fund for your new network. Look for your temporary cards to come in December and permanent cards to follow in early January.