

Men's Health Awareness Month!



Also known as [Movember](#), this month is dedicated to raising awareness around men's health issues, including mental health, prostate cancer, testicular cancer, and overall well-being.

Many men avoid regular checkups or delay seeking help. This month, we encourage everyone to prioritize their health and support the men in their lives to do the same.



Men's Health Tips...

- **Schedule a Check-Up:** [Preventive health](#) screenings are vital. Encourage the men in your life (and yourself) to schedule: a general wellness exam, blood pressure and cholesterol screening, prostate health check (especially if over 45 or with family history), and a testicular self-exam.
- **Move More, Sit Less:** Regular activity boosts both physical and mental health. Aim for: 150 minutes of moderate intensity activity per week and strength training twice per week. Try [walking meetings](#), lunchtime stretching, or a 10-minute home workout.
- **Fuel with Real Food:** Nourish your body with [whole foods](#). Eat more fruits, vegetables, lean proteins, and whole grains. Reduce processed foods, sugars, and excessive alcohol.
- **Mind Your Mental Health:** Talk to someone; a friend, co-worker, or counselor to support your mental health. Practice stress-relieving habits (meditation, sleep, hobbies). Reach out if you are struggling. ([Movember Mental Health Resources](#))

How You Can Support Men's Health:

- [Start a conversation](#): check in with a male colleague or friend
- Join a [Movember movement](#) and grow a mustache in solidarity

For more information and resources on men's health, visit your Be Well Vermont Wellness Platform:

www.bluecrossvt.org/bewellvt



 **BlueCross BlueShield**
of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.



bluecrossvt.org