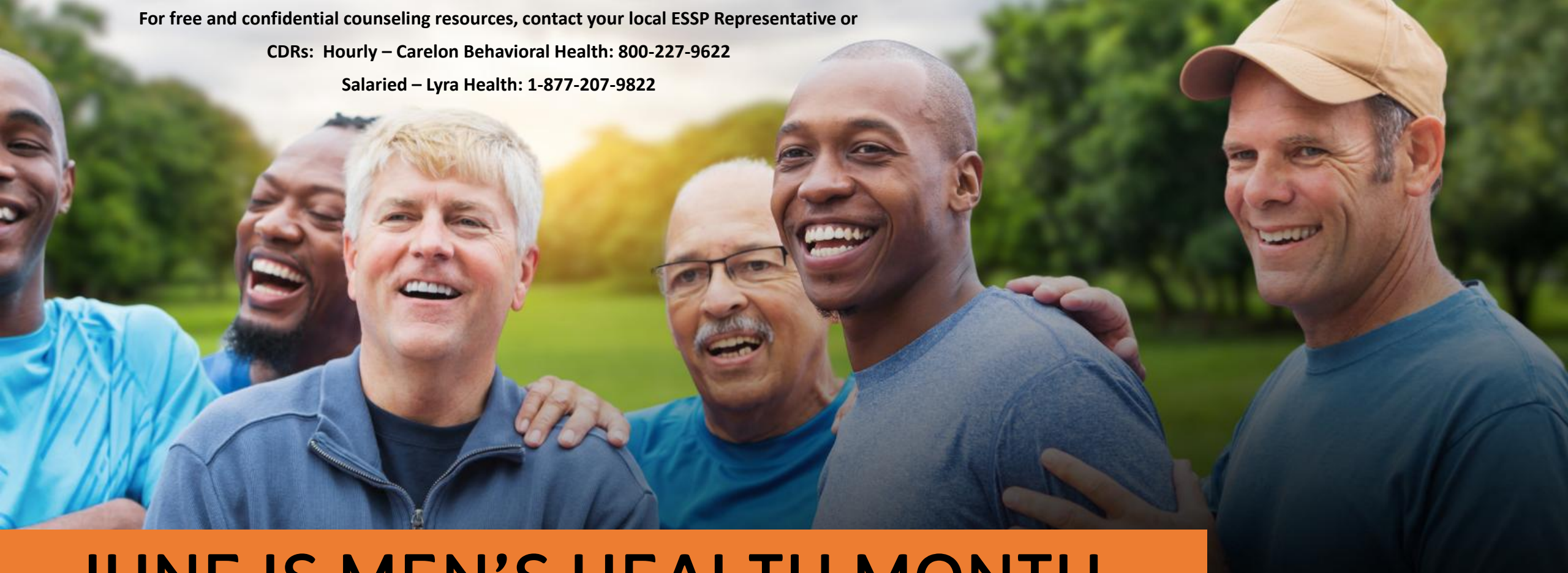


For free and confidential counseling resources, contact your local ESSP Representative or

CDRs: Hourly – Caredon Behavioral Health: 800-227-9622

Salaried – Lyra Health: 1-877-207-9822



JUNE IS MEN'S HEALTH MONTH

Men's Health Month aims to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.





WHY DO WE KEEP TALKING ABOUT THIS?

- To continue to heighten the awareness
- To help men achieve a state of physical, mental, and social well-being
- To encourage early detection to prevent health problems

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Men's Health Month

The more you know...

- On average, men live about 5 years less than their female counterparts.
- Men have a higher death rate for most of the leading causes of death – cancer, heart disease, diabetes, and suicide.

Learn more at
www.menshealthmonth.com

For free and confidential counseling resources, contact your local ESSP
Representative or

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Salaried – Lyra Health: 1-877-207-9822



Men's Health Month

The more you know...

- 1 in 2 men will develop cancer in their lifetime.
- Men make ½ as many physician visits for prevention as women.

Learn more at
www.menshealthmonth.com



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**Men's
Health
Month**



Change the Story on Men's Health

- Socialize getting help when needed.
- Take steps to create healthy habits.
- Be a role model – get regular screenings.

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Accessing Health Care is Easy!

Find a primary care doctor: **See the back of your insurance card for help.**

- Know your health benefits:
 - See your benefits handbook,
 - Talk with your Benefits Rep., or
 - Go to myfordbenefits.com.
- For mental health support, see your primary care doctor, local ESSP Rep for resources **or** contact Carelon Behavioral Health or Lyra Health.

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