DID YOU KNOW?

JUNE IS MEN'S HEALTH MONTH

RECOMMENDED SCREENINGS*

***GENERAL AGE & FREQUENCY RECOMMENDATIONS. ASK YOUR DOCTOR FOR SPECIFC TESTING BASED ON YOUR MEDICAL AND FAMILY HISTORY**

- Annual Physical- All ages
- Annual Blood Pressure- Age 18+
- Annual Cholesterol- Age 18+
- Annual Body Mass Index & Weight- Age 18+
- **Prostate Screening- Age 45+**
  - **Prostate Cancer is the most common cancer in Men over 45**
- Bi-Annual Dental Cleanings- All ages
- **Colonoscopy- Age 45+**
  - **Age requirement lowered as of 2025 due to an increase in Colon Cancer in the younger generations.**

NUTRITION FOR MEN*

***GENERAL GUIDELINES FOR MEN'S BALANCED NUTRITION**

- 2.5-3 servings of **Lean Protein** per day (measure using the size of your fist)
- 4-5 Servings of **Vegetables & Fruits** per day
- ~30g of **Fiber** per day
- Less than 35g of **Added Sugar** Per day (check your food labels)
- Less than 2300mg of **Sodium** per day (Check your food labels)

Data provided by The National Institute of Health

EXERCISE GUIDELINES

Aim for 150-minutes of moderate-intensity activity a week. (brisk walking, cycling, strength training)

Or

75-minutes of vigorous-intensity activity a week. (running, high intensity interval training)

A combination of both intensities is recommended including cardio, strength training and stretching exercises.

Data provided by The American Heart Association

SLEEP

To achieve optimal sleep, aim for **7-9 hours** per night.

Struggling to sleep? Try these tips:

- Limit caffeine up to 6 hours before bed time
- Create a relaxing environment
- Implement a bed-time routine
- Limit screen use 1 hour before bed time
- Avoid alcohol, sugary food or beverages and a heavy meal within an hour of bedtime

Data provided by Harvard Health

MENTAL HEALTH SUPPORT

You aren't alone. 1 in 10 men experience depression and anxiety but only half of those men seek care.

MyCigna has a variety of confidential mental health resources, such as Happify and iPrevail, to help you find the perfect fit and support that you need. Navigate to the Wellness Tab to explore your options.

Data provided by Psychiatry.org .

CARDIOVASCULAR RISK

Heart disease is the leading cause of death for men.

Heart disease can present as chest pain, shortness of breath, fatigue, swelling in feet or ankles, rapid or irregular heart beat, nausea, cold sweats, indigestion & increased sweating.

Consult your doctor if experiencing one or several of these symptoms.

Data provided by The American Heart Association

TOBACCO USE

Annual Lung Cancer screenings are recommended for users of 20+ years however it is never too early to test for Lung Cancer.

Oral Cancer screenings can be completed by your dentist at your bi-annual visit for early detection.

Seeking guidance to quit tobacco use? Cigna provides a Lifestyle Management Program for Tobacco Cessation. Visit MyCigna to learn more and sign up.

SCAN THE QR CODE FOR CIGNA'S MEN'S HEALTH PAGE TO LEARN MORE ABOUT EACH TOPIC & OTHER HEALTH RELATED TOPICS SPECIFIC FOR MEN