

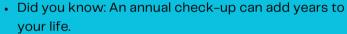
# WELLNESS NEWSLETTER

**JUNE 2025** 

WELCOME TO OUR

# Monthly Newsletter

### Men's Health



- Three numbers you should be familiar with as a man
- 1.Blood Pressure: high blood pressure is known as the silent killer as there are no warning signs. A good blood pressure is 120/80 mm Hg. High blood pressure increases risk for heart attacks, strokes, and heart failure. If the systolic (first number) is above 140 mmHg or higher can increase likelihood of developing cardiovascular and kidney disease.
- 2. Cholesterol: a high cholesterol can lead to heart disease and heart attacks
- 3. Waist Size: this is a good predictor of heart disease, onset diabetes, metabolic problems, and high blood pressure. This is more important than BMI and weight. A waist size bigger than 40 increases cardiovascular disease.

## **In This Newsletter**

- 1.Blue Cross Blue Shield Connect Community Articles
- 2. Monthly Webinars
- 3. WellOnTarget Resources
- 4. Other Wellness Related Benefits





## Blue Cross Blue Shield Connect Community Articles

Men, Make Your Health a Priority

Men's Health: Take Action Now to Thrive at Every Age



#### Wellness Time Reminder

We do have wellness time to use. This is time that you can use every week. The wellness time program states that you may take 30 minutes 3 days a week for yourself and your own wellness. This is a good way to reduce stress and give yourself a break to recharge during the day.

Wellness Release form



## **Monthly Webinars**

Wellness for Men: Live Better, Longer:

Men have a higher risk of developing certain diseases and experience unique health issues that affect them differently than women. This webinar highlights the top health concerns for men age-appropriate preventive screenings, along with healthy lifestyle habits to reduce risk.

Thursday June 12<sup>th</sup> 3:00pm CST

#### Brain Health:

The brain is one of the most valuable organs in our bodies, controlling so much of how we function. It enables us to communicate, make decisions, problem solve, and live a productive life. Join this webinar to learn the importance of brain health, lifestyle habits to help reduce the risk of cognitive decline, as well as decrease the risk for dementia and Alzheimer's disease.

Tuesday June 17th 3:00pm CST

#### **Caregiver Support:**

Caregiving in America is on the rise with more than 53 million people providing care for a child, parent, or other relative. This responsibility comes with added demands and challenges, creating both physical and emotional stress. Join this webinar to learn more about this emerging topic, including the risk of caregiver burnout, how to prevent it, as well as ways to support others in a caregiving role.

June 25<sup>th</sup> 3:00pm CST

# **Cancer In Men**

### Early Detection = Better Outcomes

Check your health.

### June is Men's Health Month

Don't avoid the doc! Survey says men are behind on screenings and not taking charge of their health.



MEN ARE MISSING OUT on opportunities to prevent cancer or detect it early. According to the Prevent Cancer Foundation's annual Early Detection Survey:



of U.S. men are behind on at least one routine cancer screening.

Instead of scheduling their routine cancer screenings, more than a third of men reported that they are better about:



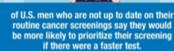
of U.S. men say they worry about experiencing stress while waiting for the results of a routine cancer screening.



of U.S. men aren't scheduling their own doctor's appointments. 17% are relying on a spouse, partner, or relative to do it for them.



of U.S. men 45 or older say that knowing about at-home colorectal cancer screening options makes them much more likely to get their colorectal cancer screening.



36%

Early detection can mean better outcomes for your health—that means more treatment options, more healthy days ahead and more time with the people you love.



reviewing their bank or credit card statements (33%)



or getting their car's oi changed (32%)



74%
of men report they are more likely to schedule their next recommended cancer screening after learning about the benefits of early detection.



Find the cancer screenings you need at preventcancer.org/betteroutcomes

# **Extra Information:**

Exploring Testosterone Therapy English Flyer
Exploring Testosterone Therapy Spanish Flyer
Get It Checked
LearntoLive Webinars



Perks and Benefits to Remember

WellOnTarget Learn To Live

Work/Life Solutions

Guidance Resources By ComPsych
Wellness Website

Want to join the wellness listserv? Email: wellness@etamu.edu

Have questions about benefits? Email: Benefits@etamu.edu