



WELLNESS NEWSLETTER

JUNE 2025

WELCOME TO OUR

Monthly Newsletter

Men's Health

- Did you know: An annual check-up can add years to your life.
- 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 12th 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 25th 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.



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.



of U.S. men who are not up to date on their routine cancer screenings say they would be more likely to prioritize their screening if there were a faster test.

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



reviewing their bank or credit card statements (33%)



or getting their car's oil 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.

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.



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

†The cancer screenings studied in this survey were for breast cancer, cervical cancer, colorectal cancer, oral cancer, lung cancer, prostate cancer, skin cancer and testicular cancer.

Extra Information:

[Exploring Testosterone Therapy English Flyer](#)

[Exploring Testosterone Therapy Spanish Flyer](#)

[Get It Checked](#)

[LearntoLive Webinars](#)

MEN'S HEALTH: BREAK THE STIGMA



Athletes Who Experienced Mental Health Obstacles

Terry Bradshaw

suffered from
panic attacks and
was diagnosed
with clinical
depression.

Keyon Dooling

suffers from Post
Traumatic Stress
Disorder and has
become an advocate
for victims of
sexual abuse.

Larry Sanders

left the NBA to
address his mental
health obstacles
including
anxiety and
depression.

You Can Help Break The Stigma

- Instead of statements like "Tough it out" or "Man up!", have compassion and change our expectations and reactions.
- Actively listen, seek to understand, and allow men to express emotion. This is healthy, and may result in better fathers, husbands, and family members.
- Motivate men and boys around you to have open discussions about their health and emotions.



hsc

SaferCare
Texas

SaferCareTexas.org
@SaferCareTexas



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