

EMPLOYEE SERVICES

NEWSLETTER



In This Newsletter You Can Expect:

Blue Cross Blue
Shield Connect
Community
Articles

Monthly
Webinars

WellOnTarget
Resources

Other Wellness
Related Benefits

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.

Early Detection = Better Outcomes

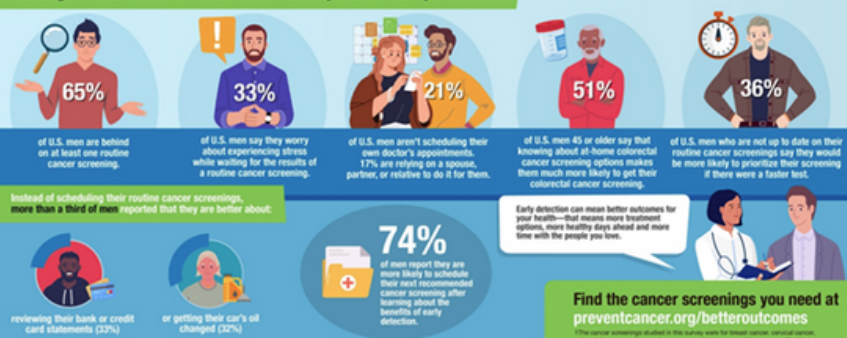
Check your health.

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:





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

Code Word: BETTERME

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 th 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 17 th 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 th 3:00pm CST

**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.

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Extra Information:

[Exploring Testosterone Therapy English Flyer](#)

[Exploring Testosterone Therapy Spanish Flyer](#)

[Get It Checked](#)

[LearntoLive Webinars](#)

[Wellness Website for East Texas A&M](#)