

# Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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## The health topic for June is men's health.

This month, you'll find information to educate members about men's health – particularly, important screenings for men.

You'll also find other wellness-related links to share with your employees.

Get in touch with UMR if you have any questions or want additional resources.

## Men's health resources

You can use the links below to download this month's PDFs to print and display in your workplace. Or you can pass them along digitally to your employees via email or your intranet.

### [Essential health screenings for men](#)

This flyer provides information on the recommended preventive health screenings for men based on their age range along with reasons why men should visit their health care providers regularly.

### [Colorectal cancer screening](#) [Spanish](#)

This flyer explains the importance of early detection of colon cancer and includes statistics and screening options to discuss with a doctor.

These additional article links can help men live their healthiest lives:

- [Ensuring bone health for men](#)
- [Supplements and men's health](#)
- [Vegetables are a key part of nutrition for men's health](#)
- [Prostate cancer: What are the risk factors?](#)

## Healthy recipes

- [Chicken Legs with Glazed Eggplant, Zucchini and Apricot Skewers](#)
- [Blueberry Barbecued Chicken](#)
- [Grilled Fruit Kebabs](#)

## Mental health awareness

Many organizations recognize June as Men's Mental Health Month. Did you know that low levels of testosterone are correlated with depression, stress and mood swings, especially among older men? Encourage your members to [explore this infographic](#) from Mental Health America for more quick facts about men, mental health and mental illness.



## Healthy You magazine

UMR sends a monthly digital newsletter directly to members with information about what's in the latest issue of *Healthy You* magazine. You can also post a link to the magazine on your intranet site or share specific articles that might interest your employees. This month we're promoting these articles:

### [The lowdown on Low-T](#)

Learn about the symptoms, causes and treatments for low testosterone, which affects one in four men over 30.

### [Spring into a clutter-free home](#)

Discover several strategies for shedding your unwanted stuff and getting organized.

### [Mango berry rotini salad](#)

This easy, colorful twist on pasta salad is full of antioxidant-rich ingredients, including berries, mango and spinach.

Find the entire [Spring issue here!](#)