# Men's Health: Take Charge



***Men often put their health on the back burner, but preventive care is one of the strongest moves you can make for yourself and those who count on you. Regular checkups, healthy habits, and early action can help catch issues sooner and keep you feeling your best. Looking after your health is a smart, proactive choice.***

## Make Preventive Care a Priority

- Schedule annual checkups—even if you feel fine. Blood work can catch changes before symptoms start.
- Stay up to date on recommended screenings, vaccines, and labs.
- Early detection can prevent small issues from becoming big problems.

## Be Involved in Your Own Care

- Ask questions and understand your care plan.
- Keep track of appointments, medications, and recommendations.
- Taking an active, informed role leads to better outcomes.

**Ready to focus on your health?**
A HealthCheck360 coach is here to help.
Schedule your **FREE** Health Coaching Call today:
866.511.0360, ext. 5099

## Listen to Your Body

- Don’t ignore ongoing pain, fatigue, trouble sleeping, unexplained changes in weight or appetite, frequent headaches, or digestive discomfort.
- Noticing changes? A healthcare provider can help you find and understand the cause.

## Your Mental Well-Being Matters

- Pay attention to ongoing stress, low mood, or feeling burned out—it’s your body’s signal to act. Mental and emotional changes are just as important as physical ones.
- If you're struggling, take one step: check-in with your doctor, connect with a counselor or someone you trust, or review your employer's mental health benefits and resources.

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