



A Wellness Newsletter for AvMed Members

Road to **WELLfluent**TM

Embrace better health.

June Is Men's Health Month!

June is Men's Health Month, a national observance used to raise awareness about healthcare for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy. According to the Centers for Disease Control and Prevention, men in the United States, on average, die 5 years earlier than women and die at higher rates from the three leading causes of death, heart disease, cancer and unintentional injuries. During Men's Health Month, we encourage men to take control of their health, and for families to teach young boys healthy habits throughout childhood.

<https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=10238>



Spread the word and make sure all the men (young and not so young) in your life are living well.

1. Early screenings! They will not only save money in the long run, but they can also save your life and/or make life easier to manage if diseases are caught early on.
2. Exercise, because it's summertime! Why do you think most TV shows and football are off? So men can finally go out and move around. (Note: There is no true correlation between the summer broadcast schedule and exercise.) You shouldn't need a reason to get at least 30 minutes of exercise in — help your heart and just do it.
3. Father's Day is coming up! Why not give the father figure in your life the gift of knowledge along with your gift? There are many resources at www.menshealthnetwork.org that will help educate you and your father about risks of prostate cancer and other diseases.
4. Keep reading the Men's Health Network's blog Talking About Men's HealthTM (and others like it) for the latest on how to improve and support men's health.
5. Remember that anyone can assist in the men's health movement, and help is not limited by gender. Anyone can be supportive and help men make that first step toward a better life. Everyone should be an ally!

<https://www.womenshealth.gov/blog/get-involved-mens-health>

Men and Mental Health

While mental illnesses affect both men and women, the prevalence of mental illnesses in men is often lower than women. Men with mental illnesses are also less likely to have received mental health treatment than women in the past year. However, men are more likely to die by suicide than women, according to the Centers for Disease Control and Prevention. A lot of men fall prey to the false idea that they should be “tough enough” to fix all their problems on their own. They worry that by showing vulnerability, even in the case of physical illness, they may lose their authority with others. As a result, they may believe they can fix this problem quickly and move on to the next — and they may be in denial that there is a problem at all.

Addressing that, and helping men work past it, requires first ending the stigma of asking for help. Recognizing the signs that you or someone you love may have a mental disorder is the first step toward getting treatment. The earlier that treatment begins, the more effective it can be.

Warning Signs

Men and women can develop most of the same mental disorders and conditions but may experience different symptoms. Some symptoms include:

- Anger, irritability, or aggressiveness
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Misuse of alcohol and/or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Aches, headaches, digestive problems without a clear cause
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Unusual thinking or behaviors that concern other people



Mental disorders can be treated: If you are unsure where to go for help, ask your family doctor or visit NIMH’s Help for Mental Illnesses webpage. Communicating well with your health care provider can improve your care and help you both make good choices about your health. Read about tips to help prepare and get the most out of your visit. For additional resources, including questions to ask your health care provider, visit the Agency for Healthcare Research and Quality.

If you or someone you know is in a crisis, get help immediately. You can call 911 or the National Suicide Prevention Line at 1-800-273-TALK (8255).

Source: <https://www.nimh.nih.gov/health/topics/men-and-mental-health/> and <https://www.healthline.com/health-news/how-can-we-reduce-mens-mental-health-stigma#Reducing-the-stigma>

Father’s Day Health and Wellness Gift ideas

If your father is a certified gym rat, or looking to step up his fitness, give dad a fitness gift this Father’s Day that will both motivate a healthy lifestyle and bring him joy. Consider it an act of service, because you’ll be contributing to his health and longevity while also putting a smile on his face.

He needs the healthy essentials that help him get the job done efficiently in his workouts, so give him something he’ll be excited to use, whether it’s for his workout session, meal prep, or recovery. While he may already have an arsenal full of fitness gear must-haves, why not upgrade his offering in order to take his wellness routine to the next level? From quality gym clothing to best-in-class training gear and accessories for post-workout recovery, we bring you 28 of the best fitness gifts to give your dad this Father’s Day, all tested by Men’s Health editors.

We get it, sometimes dads are difficult to buy for. That’s why we scoured the internet to serve you with cool Father’s Day gift ideas that will just make his life better. Now, he probably wouldn’t buy these for himself, which is why the list ahead makes for a plethora of unique, thoughtful, and unexpected Father’s Day gift for the fitness-loving dad. Visit: <https://www.menshealth.com/fitness/g19518574/best-fitness-fathers-day-gifts-for-men/>

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