

# The men's health reset: *Fuel, focus and feel better*

**June is Men's Health Month**, a time to raise awareness and support healthier futures for men and boys. Men experience higher rates of serious health conditions, including heart disease and some cancers, and are more likely to be affected by lifestyle related risks such as smoking, excessive alcohol use, and obesity. Men are also less likely to seek preventive care, contributing to gaps in life expectancy and overall health outcomes.

At Excellus BlueCross BlueShield, we're committed to supporting our members' health and wellbeing. That's why this June, in recognition of Men's Health Month, our Excel Your Well webinar will be on the topic of "The Men's Health Reset: Fuel, Focus and Feel Better."



Join us for this 45 minute engaging webinar, hosted by Excellus BCBS Medical Director, Dr. Matthew Capuano. During this session, **participants will learn about:**

- Men's health statistics and key trends
- The importance of preventive care and screenings
- Essential health checks for men
- Mental health and emotional wellbeing
- Lifestyle factors that make a meaningful difference
- Additional benefits and resources offered through your health plan to support your wellbeing\*

**When our members have the resources and support to prioritize their health and wellbeing, everybody benefits.**

Webinar date: **Thursday, June 25**

Webinar time: **Noon - 12:45 p.m.**



**To register** for the upcoming webinar, please scan the QR code or click [here](#).



**Everybody Benefits**