

Support men's health this June – host a Wear Blue Day!

June is Men's Health Month—
a time to raise awareness
and support healthier
futures for men and boys.



Why men's health matters

Men experience higher rates of serious health conditions, including heart disease and certain cancers. They are also more affected by lifestyle-related risks such as smoking, excessive alcohol use, and obesity—and are less likely to seek preventive care, contributing to gaps in life expectancy and overall health outcomes.

Source: American Journal of Men's Health

About Wear Blue Day

Wear Blue Day promotes awareness, conversation, and preventive action by meeting men where they live, work, and play.



The campaign highlights:

- Prostate & testicular cancer
- Cardiovascular disease
- Diabetes
- Mental health

The goal: help men live longer, healthier lives.

How your organization can participate



Pick a day to wear blue

- Choose any day in June that works for your team and promote accordingly
- Encourage employees to wear blue clothing or accessories



Make it meaningful

- Share men's health resources with employees
- Encourage open and honest conversations regarding mental health
- Decorate the workplace blue
- Promote the importance of preventive care, annual physicals, and routine screenings to your employees



Spread the word

- Take a team photo and share on your company's social channels or internet
- Encourage employees to share their blue and men's health resources on social media
- Use hashtags like **#ShowUsYourBlue** and **#Men'sHealthAwareness** to help support the campaign

