JUNE IS

Men's HEALTH

MONTH

STRONG TODAY. HEALTHY TOMORROW.

UFCW Local 655 Welfare Fund



Why its important to know your numbers

Early Detection: Conditions like high blood pressure or high cholesterol often develop gradually without obvious symptoms. Knowing your numbers catches these early, preventing major medical events.

Preventative Medicine: Many chronic conditions are tied to "modifiable risk factors". By knowing your baseline, you can modify your diet, exercise, and habits to stop illnesses in their tracks.

Actionable Tracking: how your numbers change over time helps you and your doctor understand how specific lifestyle changes directly impact your well-being.

Looking for a Primary Care Doctor? Simply scan the QR code to visit our website and find a doctor near you.

KNOW YOUR NUMBERS

BLOOD PRESSURE
Healthy range:
Less than 120/80 mmHg

CHOLESTEROL
Total Cholesterol:
Less than 200 mg/dL

BLOOD SUGAR
Fasting Blood Sugar:
70 – 99 mg/dL

WEIGHT (BMI)
Healthy BMI:
18.5 – 24.9

WAIST SIZE
Men: Less than 40 inches
(Risk increases above this)

PROSTATE HEALTH
Talk to your doctor.
Screening saves lives.

June 2026 Wellness Flyer: https://www.memorialcare.org/blog/importance-knowing-your-numbers https://adaa.org/find-help/by-demographics/mens-mental-health

MEN'S MENTAL HEALTH

IT'S NOT WEAK TO SPEAK



Why Men's Mental Health Matters—and Why Breaking the Stigma Can Save Lives.

Mental health affects everyone, but many men struggle in silence.

Depression, anxiety, trauma, substance misuse, and suicidal thoughts impact millions of men each year. Yet men are significantly less likely than women to seek professional mental health treatment, often because of stigma, cultural expectations, or the belief that asking for help is a sign of weakness.

For generations, many men have been told to "man up," "stay strong," or "deal with it." These messages can make it harder to talk openly about emotional pain, stress, grief, or anxiety, leading many men to suffer alone.

Key fact: Nearly 1 in 10 men experience depression or anxiety, but less than half receive treatment. Even more alarming, men are four times more likely to die by suicide than women.

TREATMENT AND SEEKING HELP

Mental health conditions are treatable, and many men can fully recover with the right care and support.

Talk to a doctor or mental health professional about symptoms.

Break the silence by sharing experiences with trusted friends or family.

Consider support groups or online therapy platforms.

Explore treatment options like therapy, medication, or lifestyle changes.

Avoiding treatment often worsens mental health issues and may lead to dangerous consequences, including suicide.

Member Assistance Program (MAP)

YOUR WORKPLACE WELLNESS & MAP PARTNER

H&H Health Associates are here to help with counseling, resources, guidance and support.

CONFIDENTIAL SUPPORT | COMPASSIONATE GUIDANCE | RESOURCEFUL SOLUTIONS

SCAN ME

Mental Health Benefits.

Scan QR Code to access your

If you or someone you know is struggling, you can call OR text 988. This resource is NOT only for active suicidal crisis, it is also a great tool/resource for those who could use someone to talk to when going through a difficult situation or merely seeking advice.