

Strength in health

Men’s health matters

Studies show men are less likely to seek medical care for a number of reasons. Some avoid care because they feel fine. Others are nervous about an exam or what it might reveal. Some men even see medical care as a sign of weakness. But staying healthy is a sign of strength. It’s important to keep your whole health in check.

Be sure to get your yearly preventive exam and any screenings your doctor may recommend. Screenings can help find health problems early, when they’re easiest to treat. And, early treatment can help you save money on future health care costs. More importantly, it can also help save your life.

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Keeping up with your health

Think about your total well-being. Here are some focus areas for men.



Take care of your heart

Even if you don't have symptoms, men are at greater risk for heart disease.[1] Make sure to get your blood pressure checked. Stay active and keep a healthy weight. And if you smoke — quit. Check with your doctor for help getting started.



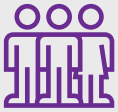
Get screened

Getting checked for colorectal cancer becomes more important as you grow older. Recommended screenings begin at age 45.



Recognize your feelings

Depression affects both men and women. But men are less likely to talk about their feelings or get treatment. Know the signs and talk to your doctor with concerns. You can do a self-check by logging in to your member website at **Aetna.com.**



Reach out to friends

Friends are often tied to common interests like a hobby, sports, raising children or jobs. That means they can change over time, making them harder to keep. Make time for others even if it's virtually. Friendships can have a positive impact on your health.[2]



Stay involved

Find your passion. Talk to people who share your interests, learn a new skill, go back to school or find other ways to help people in your community. Having interests helps you build meaning in your life.



Be fiscally fit

Plan for your future and invest each month in a retirement savings plan. Even a small amount adds up over time. Pay down debt and have an emergency fund set aside.

Make caring for yourself a priority. Take steps to get started today. To learn more, log in at **Aetna.com** and look under "Stay Healthy."

[1]Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death, 1999–2017. Accessed October 16, 2019.

[2]Health & Human Services. Healthy Friendships in Adolescence. Available at https://www.hhs.gov/ash/oah/adolescent-development/healthy-relationships/healthy-friendships/index.html Accessed October 16, 2019,

This information is not intended to replace the advice of a doctor. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. For more information about Aetna plans, refer to **Aetna.com.**

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