



Enrollee Newsletter

June 2019

Volume 4, Issue 3

June is Men's Health Month

Community Care Plan, 'the health plan with a heart'

Preventive Care and Screenings

Getting a well visit done at the doctor can keep you from getting sick. Your doctor can also perform screenings at a well visit that can show problems early. Finding problems early can make them easier to treat. Some screenings your doctor can perform are:

- **Blood Pressure Check:** High blood pressure puts you at risk for a heart attack or stroke. Getting your blood pressure checked regularly can help you track your numbers.
- **Cholesterol Check:** Too much cholesterol puts you at risk for a heart attack or stroke. Your doctor can check your cholesterol through a blood test called a lipid profile.
- **Colorectal Cancer Screening:** If you are 50-75, or have a family history of colorectal cancer, there is a test a doctor can do to prevent or find it early. Talk to your doctor about which screening tool is best for you.
- **Depression Screening:** Feeling sad sometimes is normal. If you are sad on most days for 2 or more weeks talk to your doctor. If you need help finding a doctor, please call Member Services 1-866-899-4828.

Source: healthfinder.gov/HealthTopics/Category/everyday-healthy-living/sexual-health/men-take-charge-of-your-health#take-action_2
healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-your-blood-pressure-checked#the-basics_1
healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-your-cholesterol-checked#the-basics_2
healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-tested-for-colorectal-cancer
healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/talk-with-your-doctor-about-depression#the-basics_2

Get Healthy: Small Changes

There are small changes a man can make to stay healthy and lower your risk for diseases:

- Swap juice and soda for water
- Put less salt in your food
- Walk instead of smoking
- Swap fries for a salad



Talk to your doctor about small lifestyle changes you can make to stay healthy.

Source: healthfinder.gov/healthtopics/population/men/doctor-visits/men-take-charge-of-your-health#take-action_1

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwva enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.

Men's Health – Before Baby

Women are usually the center of health before pregnancy. However, there are actions men can take to live healthier and give their baby the best life.

The Center for Disease Control and Prevention outlines 10 ways men can take care of their health before a baby.

1. **A Reproductive Plan:** It is important to decide with your partner if you want to have a baby. If you want to have a baby, how many babies do you want to have?
2. **STD Treatment and Prevention:** Pregnancy does not protect a woman from STDs. An STD can be life threatening to the woman and the baby. STD can also cause a woman to become infertile. It is important to get screened and treated for STDs for the man's, woman's and baby's safety.
3. **Smoking, Drinking, Drugs:** Drinking and drugs can cause infertility for men. Secondhand smoke exposure gives a pregnant woman a 20% higher chance of having a low birthweight baby. If you need help quitting drinking, smoking, or drugs please call Member Services 1-866-899-4828.
4. **Toxic Substances:** Including bug spray and fertilizer can make it harder for people to become pregnant. Exposure to toxic substances during pregnancy can lead to diseases.
5. **Infertility:** Some factors that can reduce the health of men's sperm are obesity, Type 1 Diabetes, medicines, and age. Talk to your doctor if you have questions about infertility.
6. **Healthy Weight:** Obesity increases your risk for infertility, heart disease, and Type 2 Diabetes. Talk to your doctor about lifestyle changes you can make to achieve a healthy weight.
7. **Family History:** Can affect the health of your baby. If you or your family have certain health conditions, your doctor might refer you to a genetic counselor.
8. **Violence:** If you or your partner are exposed to violence, get help. In an emergency please call 911.
9. **Mental Health:** Feeling good about yourself is how you can be at your best. If feelings of stress, anxiety, or sadness do not go away please call Member Services 1-866-899-4828.
10. **Support your Partner:** You and your partner are a team. Encourage each other to eat healthy and go to the doctor for care when needed.



Source: www.cdc.gov/preconception/men.html

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