

# MONTHLY WELL-BEING NEWSLETTER: A CHECKUP ON MEN'S HEALTH

When life gets busy, health often takes a back seat. There's always something more urgent. But here's the thing: taking care of yourself is what makes it possible to show up for the people you care about.



June is Men's Health Month, and it's a good reminder that preventive care and mental well-being deserve a spot on everyone's priority list.

### Three Ways to Stay Ahead of Your Health

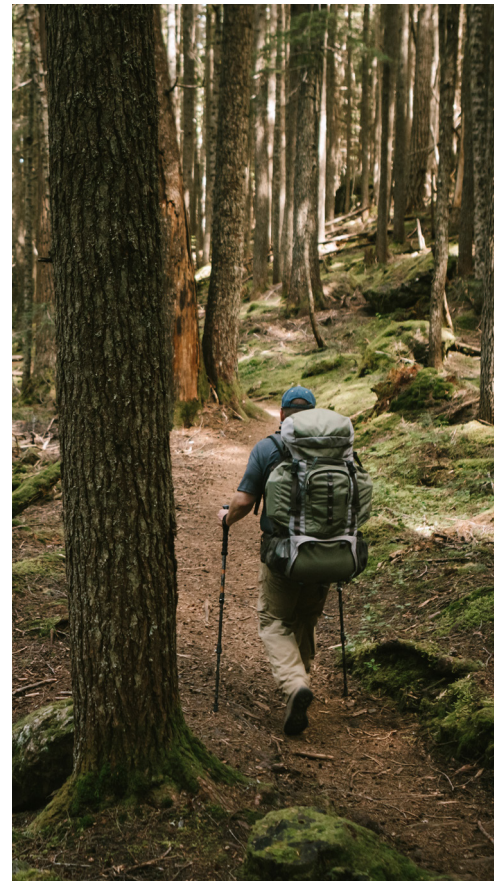
- + **Schedule your annual check-up.** It's covered 100% by your insurance, and it's one of the easiest things you can do to catch potential issues early. If it's been a while, now's the time to get it on the calendar.
- + **Know your numbers.** Blood pressure, cholesterol, and blood sugar aren't just data points. They're signals that help you understand what's happening inside your body. Check out this [recorded webinar on biometric numbers](#) to learn what they mean and how to improve them.
- + **Check in on your mental health.** Stress, anxiety, and depression are more common than most people think, and they're treatable. Your mental health matters as much as your physical health. Explore resources through your medical insurance, or if your company offers an Employee Assistance Program (EAP), take advantage of the confidential support available to you.

### Great Outdoors Month: Your Invitation to Step Outside

According to the American Journal of Lifestyle Medicine, time spent in nature has been shown to lower blood pressure, reduce anxiety, and boost immune function. These benefits hold true across backgrounds.

### Simple Ways to Get Started

- + Take a walking meeting or eat lunch outside
- + Explore a local trail or park you've never visited
- + Swap screen time for green time, even for 15 minutes
- + Invite a friend or family member to join you – nature and connection are a powerful combination



### Webinar: Nature as Medicine

Join IMA consultant *Jack Bruce* for a session on how the outdoors can improve your overall well-being. Whether you're looking for new adventures or want to rediscover old favorites, this webinar is designed to inspire you to make nature part of your routine.

**WHEN**

June 25, 12:00 PM CT

**WHERE**

Online. [Register here.](#)

*Sometimes wellness is as simple as stepping outside and breathing a little deeper.*

