

# Your health, your move: why men's preventive health matters



**June is Men's Health Month**, a time to raise awareness and support healthier futures for men and boys. Men experience higher rates of serious health conditions, including heart disease and certain cancers, and are disproportionately affected by lifestyle related risk factors such as smoking, excessive alcohol use, and obesity. Men are also less likely to seek preventive care, which contributes to gaps in life expectancy and overall health outcomes.

At Univera Healthcare, we are right here to support our members' health and wellbeing. That's why this June, in recognition of Men's Health Month, our Understanding Your Wellbeing webinar will be on the topic of "Your Health, Your Move: Why Men's Preventive Health Matters."

Join us for this 45 minute engaging webinar, hosted by hosted by an internal Univera Healthcare medical director and subject matter expert.

## During this session, participants will learn about:

- Men's health statistics and key trends
- The importance of preventive care and screenings
- Essential health checks for men
- Mental health and emotional wellbeing
- Lifestyle factors that make a meaningful difference
- Additional benefits and resources offered through your health plan to support your wellbeing\*

We are **[Right here. For you.]**

**Webinar date: Thursday, June 18**

**Webinar time: 11:30 a.m. – 12:15 p.m.**



**To register** for the upcoming webinar, please scan the QR code or click [here](#).

**We hope you can join us to learn more about ways to support your wellbeing.**



**Right here.  
For you.**