

JUNE IS MEN'S HEALTH MONTH

MAKING MEN'S HEALTH A PRIORITY

Taking a time out for your health may be tough, but it's worth it in the long run.
Schedule your annual physical and take steps to avoid preventable health problems.

START WITH THESE THREE WAYS TO PRIORITIZE MEN'S HEALTH:

- **Check in on your diet:** Try tracking what you eat for a week to understand opportunities to incorporate more nutritious foods. Consider cutting back on alcohol or sweets and adding in healthy alternatives.
- **Up the activity:** Take stock of how much physical activity you get. Do you want to lose weight? Get stronger? Set small achievable goals to make it a reality.
- **Reduce your risk:** Schedule an annual checkup and ask your doctor about recommended cancer screenings while you're there. In-network preventive care is 100% covered. Lean on [Naviance](#) for cancer navigation, prevention and support.

YOUR QUANTUM HEALTH CARE COORDINATORS CAN HELP

Our team of nurses, benefits experts and claims specialists is here to help with things like:

- Reviewing your recommended preventive care
- Finding an in-network provider near you
- Helping you understand your treatment options
- Confirming your coverage and getting preauthorization, if needed

Don't delay! Start making your health a priority today.

NOT FEELING QUITE LIKE YOURSELF?

Talk to your doctor if you feel sad or irritable, or if you have low energy, difficulty sleeping or trouble dealing with daily activities for more than a couple of days. It could be depression, which can be treated.

Call or text the **988 Suicide & Crisis Lifeline** if you need it

Dial 988 for free, confidential support 24/7 from this prevention and crisis resource if you or your loved ones are in suicidal crisis or emotional distress.



The Johns Hopkins Employee Assistance program (JHEAP) offers employees and their household members 24/7 access to free, confidential consultation, counseling and referrals for any of life's challenges. Get help with stress at work or at home, grief, navigating change and uncertainty and more. Call (888) 978-1262 to connect with a counselor or request an appointment at jh.eapintake.com.

Visit the Quantum Health member portal for more information about JHEAP.



jhu.quantum-health.com

(844) 460-2801
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

