

MEN'S MONTH 2024

MEN'S HEALTH MONTH



TIPS TO HELP MEN TAKE CONTROL OF THEIR OVERALL HEALTH AND WELLNESS

Get regular checkups.

Talk to your doctor or healthcare professional about having a physical or wellness check each year.

Monitor your blood pressure, cholesterol, glucose, and weight to catch potentially dangerous conditions early and get proper care, if needed.

USE THE MYHEALTHFINDER TOOL

 MyHealthfinder Tool

Get personalized preventive services recommendations.



<https://health.gov/myhealthfinder>