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Exercise when you travel

How you exercise may look different when traveling, but it's still worthwhile. In fact, mixing things up when you're away from home keeps your workouts fresh and interesting. Try these tips:

- **Bring resistance bands along.** Easily packable and super lightweight, resistance bands give you the flexibility to exercise anywhere. Bring a few different types for the most exercise options.
- **Book a hotel with a gym.** Many hotels offer fitness rooms. The equipment is often fairly basic, but you can usually depend on a treadmill or bike and a set of free weights.
- **Use your bodyweight.** All you really need for a good sweat session is your body! Movements like push-ups, tricep dips, squats, and lunges can be combined in a challenging circuit.
- **Get outside.** What better way to get the most out of your travel than to explore on foot. And all that walking counts as exercise!

Health screenings *for men*

Men can face health challenges at each stage of life. A yearly visit with a primary care doctor ensures access to the appropriate screenings. While some screenings are a standard part of routine medical care, a doctor may recommend additional screenings specific to a man's health and family history.



MEN AGED 18 TO 39

- Blood pressure
- Cholesterol and heart disease screening
- Physical exam
- Diabetes screening
- Eye exam
- Dental exam
- Infectious disease screening, including STIs
- Immunizations
- Skin self-exam
- Testicular exam



MEN AGED 40 TO 64

- Blood pressure
- Cholesterol and heart disease screening
- Physical exam
- Diabetes screening
- Eye exam
- Dental exam
- Infectious disease screening, including STIs
- Immunizations
- Skin self-exam
- Testicular exam
- Colon cancer screening
- Lung cancer screening
- Osteoporosis screening
- Prostate cancer screening



MEN AGED 65 AND OVER

- Blood pressure
- Cholesterol and heart disease screening
- Physical exam
- Diabetes screening
- Eye exam & hearing test
- Dental exam
- Infectious disease screening, including STIs
- Immunizations
- Skin exam
- Colon cancer screening
- Lung cancer screening
- Osteoporosis screening
- Prostate cancer screening
- Abdominal aortic aneurysm screening

Misinformation & social media

While social media can be an easy way to catch up on the latest, it is not always a reliable source of factual information.

Social media sites tend to amplify sensationalized messages.

Information that contains an emotional appeal, quotes a supposed expert, or points to a deeper conspiracy is more likely to catch our attention.

The result is that plain facts are often ignored or disbelieved.

SIX WAYS TO PREVENT MISINFORMATION



AVOID THE SENSATIONAL

The headline or title of a social media post can be the first clue to its reliability. Avoid catchy, overly sensationalized headlines. Don't fall for clickbait.

CHECK THE SOURCE

Watch out for anecdotal stories or information heard from a friend of a friend of a distant family member. Look for real experts from reputable organizations.

VERIFY THE FACTS

Double-check when you hear new information to see if other reputable sources support the facts. Misinformation goes viral all the time, so verify before you share.

ASK QUESTIONS

Before you believe something you read on social media, ask yourself if you truly think the information is accurate. A moment to reflect may save you from falling prey to fake news.

NOTICE YOUR FEELINGS

A lot of misinformation is designed to tap into frustration and outrage. Look for information that encourages you to think objectively and acknowledge nuance.

LIMIT TIME ON SOCIAL MEDIA

The more time you spend on social media, the more likely you will run into misinformation. Keep your time on social media brief and focus on meaningful connection, not information surfing.

Save on *prescriptions*

WHETHER YOU
HAVE INSURANCE
OR NOT, THE
COST OF FILLING
PRESCRIPTIONS
CAN BE HIGH. HERE
ARE SOME WAYS
TO SAVE BIG ON
THE MEDICINE
YOU NEED.



GO GENERIC

Ask your doctor if there is a cheaper generic option they can prescribe.

TALK TO YOUR INSURANCE

Some insurance companies have options to make your medicine cheaper, such as direct buying programs.

GET A 90-DAY SUPPLY

Often it's cheaper to get more at once than to refill a prescription multiple times.

APPLY FOR ASSISTANCE

Check with state and local governments to see if you qualify for financial assistance with prescriptions.

COMPARE PRICES

Call around to different pharmacies to find which one is the cheapest for your specific medicines.

ASK FOR A HIGHER DOSE

Ask your doctor if they can prescribe a higher dose and let you cut the pills. Not all pills can be cut, but if it's possible, it can save you money.