



June is Men's Health Month

Take time this June to focus on actions you can take to get healthy. [Learn about](#) preventable health issues and early detection of treatable diseases such as colorectal and prostate cancer. Make appointments for important checkups and screenings like a colonoscopy and PSA test (if eligible).

Your wellbeing program can help. Practice healthy behaviors with Journeys®, Healthy Habits, and more.

Sign in at join.personifyhealth.com/HP this month for ways you can give your wellbeing the attention it deserves.



Earn points for working on your wellbeing.

Did you know?

Men are 24% less likely than women to have been to the doctor within the past year.

Celebrate Men's Health Month with Personify Health

Engage in these recommended activities during Men's Health Month and beyond

Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

Recommended Journey's:

- [The Guy's Guide to Better Wellbeing](#)
- [How to Break Through a Strength Plateau](#)
- [Keeping the Spark in Your Relationship](#)

Wellness Assessment

This short, confidential survey assesses your health across seven factors, from mental health to fitness. You'll receive a personalized report and recommended actions you can take to start improving your wellbeing. **(not available in Germany, Austria & China)**

Wellbeing Pillars/Topics of Interest

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources. Don't forget to pick your topics of interest to further personalize your experience

Benefits (Personify Health)

The Benefits page is your one-stop destination for exploring all the programs, perks, and partners available to you. Discover a wide range of resources that support your physical, mental, and financial wellbeing—and so much more.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets, portion control and get tips to help you achieve your goals.

Media Library

The Media Library offers interactive videos led by our team of trainers and coaches on a variety of topics. There's something for everyone.

Recommended Video's:

- [Men's Health: Simple Tips to Elevate Your Testosterone](#)
- [Men's Health: Subtle Signs of Low Testosterone](#)
- [When to Get Your Prostate Checked](#)

Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Shoutouts

Support a colleague or friend with a message of thanks or appreciation using the Shoutout feature.

Healthy Habits

Healthy Habits offer you bite-size ways to build a healthy routine and improve your wellbeing. Your Healthy Habits will be customized based on your Wellness Assessment results and the interests you set in your profile. Try tracking some of the recommended personal healthy habits below during the month of June.

- [Positive Talk](#): Did you think and say positive things to yourself today?
 - Emotional Wellbeing Pillar under the subtopic Anxiety & Depression
- [Move on the Hour](#): Did you get up at least once an hour today?
 - Physical Wellbeing Pillar under the subtopic Getting Active.
- [High-Fiber Snacks](#): Did you eat a high-fiber snack today (Like fruit, vegetables or nuts)?
 - Physical Wellbeing Pillar under the subtopic Cholesterol
- [Save for the Future](#): Have you taken one step today toward a long-term financial goal?
 - Financial Wellbeing Pillar under the subtopic Managing my Finances.