

5

Ways to Protect Your Health and Your Wallet

1

Schedule your annual checkup

Preventive care can help detect issues early, when they're easier to treat.

Men in the U.S. are projected to live an average of 74.8 years, which is about 5 years less than women. Don't wait, make that doctors appointment, and stay on track with annual physicals.

2

Talk about mental health

Stress, burnout, and anxiety can impact any one. Don't ignore how you're feeling — check in with yourself and talk to someone you trust.

The suicide rate for men is **FOUR TIMES** higher than that of women, with approximately 40,000 male suicides occurring each year. Break the stigma surrounding mental health and seek help if you need it.

3

Move your body

Even 30 minutes a day can make a difference for your heart, mind, and energy levels.

34.1% of men are classified as overweight. Regular exercise plays a key role in staying healthy, both physically and mentally!

4

Know your numbers

Keep track of your blood pressure, cholesterol, and blood sugar levels — these key markers can help you catch problems early.

55% of men report not receiving regular health screenings, with this issue being more pronounced among men of color.

5

Prepare for the unexpected

No one plans to be hospitalized, but it happens. Hospital Sickness Insurance provides a cash benefit for covered hospital stays, so you can focus on getting better, not worrying about costs.

About 11.5% of men under the age of 65 lack health insurance coverage, which affects their access to preventive services and management of chronic conditions.

An unexpected illness can really impact your finances. Learn more about how **The Family Security Plan®**

Hospital Sickness Insurance can help you.

Call today! (855) 789-4976