

BETTER HEALTH FOR MEN

Take Control and Take Action!



Schedule a check up with your healthcare provider.

Get regular testing recommended for your age, including colon and prostate screenings.

Stay active by walking, playing sports, or joining an exercise class.

Increase consumption of fruits and veggies.

Know your numbers: blood pressure, cholesterol, glucose.

Get 7 to 8 hours of sleep every night.

For questions or help scheduling an appointment, call your Care Management Team at caremanagement@highcarehealth.com.

