



Taking charge of  
**your health.**

[UHCommunityPlan.com](https://www.uhc.com/communityplan)



<sup>1</sup> [cdc.gov/cancer/prostate/statistics/index.htm](https://www.cdc.gov/cancer/prostate/statistics/index.htm)

<sup>2</sup> [apa.org/monitor/2015/12/numbers](https://www.apa.org/monitor/2015/12/numbers)

<sup>3</sup> Benjamin EJ, Blaha MJ, Chiuve SE, et al. on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2017 update: a report from the American Heart Association. *Circulation*. 2017;135:e229-e445.

Source: [cdc.gov/family/nmhw/](https://www.cdc.gov/family/nmhw/)

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## Men, you can take charge of your health.

Take charge and be healthy and safe. And encourage the other men in your life to make their health a priority too. Learn about steps you can take each day to improve your health.



Most men have specific health risk factors they may need to deal with at some point in their life. But there are steps you can take to help lower your risks. Change the things that you can control with healthy everyday habits.

### 5 simple steps to help you take charge:



# 1



## Know your numbers.

### Blood pressure.

Blood pressure is the amount of force your blood creates inside your arteries. It's written as two numbers: one on top, one on the bottom.

**120**

← **Systolic pressure:** This is the top number. It measures how hard your blood vessels are working when your heart beats.

**80**

← **Diastolic pressure:** This is the bottom number. It measures how hard your blood vessels are working when your heart is resting between beats.

Check with your doctor to find out what your blood pressure is. If it's high, find out what you need to do to get it under control and in a safe range.

### Resting Heart Rate (RHR).

Your heart rate tells you how hard your heart is working. You measure your RHR when you are resting. Your RHR is usually between 50 and 100 beats in a minute.

Athletes and other people who get a lot of physical activity have a lower rate. People who don't get a lot of physical activity have a higher rate. If you keep track of your RHR, it can show how fit you are getting.

### Body Mass Index (BMI).

BMI is a number created from a person's weight and height. For most people, BMI shows your body fat. It's used to show if your weight may cause problems.



### Adult BMI levels and their weight groups.

BMI	Weight Group
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

### Cholesterol.

Your body has two kinds of cholesterol: LDL (or “bad”) and HDL (or “good”).

- Eating foods with “bad” cholesterol can cause buildup in the arteries that bring blood to your heart and brain. That can cause a heart attack or stroke.
- Eating foods with “good” cholesterol helps avoid heart attacks. These foods carry bad cholesterol to your liver. Your liver removes it from your body.

### To control your cholesterol levels:

- Eat less food that has “saturated fat” or “trans fat” or “dietary cholesterol.”
- Be physically active. That raises “good” cholesterol.
- Do not smoke.
- Lose weight.

# 2



## Make healthy choices.



### Body weight.

Your heart has to work harder if you weigh too much. It may make your blood pressure higher. Your cholesterol goes up. And it can increase your risk of diabetes.

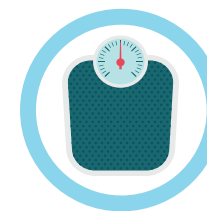
- You can lower your chance of getting heart disease by losing as little as 10-20 pounds.
- Eat a variety of fruits and vegetables each day. Eat whole-grain foods that have fiber.
- Eat foods with less saturated fat, cholesterol and salt.
- Limit foods that are high in calories and low in nutrients. You can lose weight by eating less calories than you burn every day.



### Healthy diet.

Eating healthy meals and snacks can help you avoid heart disease. Eat plenty of fresh fruits and vegetables and fewer processed foods.

Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt in your diet may also lower your blood pressure. Limiting sugar in your diet can lower your blood sugar level to help prevent or help control diabetes.



### Healthy weight.

Being overweight or obese increases your risk for heart disease. To find out if your weight is in a healthy range, doctors often calculate your body mass index (BMI).



If you have diabetes or kidney disease, talk to your doctor about what numbers are right for you.

# 3

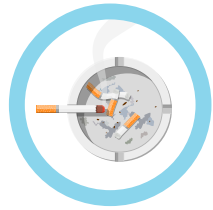


## Get your prostate checked.



### Physical activity.

Physical activity can help you maintain a healthy weight and lower your blood pressure, cholesterol and blood sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of physical activity, like brisk walking or bicycling, every week.



### No smoking.

Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.



### Limit alcohol use.

Avoid drinking too much alcohol. It can raise your blood pressure. Men should have no more than 2 drinks per day.

Prostate cancer is the most common cancer in American men and the second leading cause of death after lung cancer. There's not enough known about what causes prostate cancer, but it is treatable if found in early stages.

Risk factors of prostate cancer include:

- Age.
- Nationality.
- High-fat diet (eating a lot of red meat and high-fat dairy products and not enough fruits and vegetables).

There are 2 tests recommended yearly for healthy men starting at age 50. Men with family history or African-American men should get tested earlier.

- Prostate-specific antigen (PSA) blood test.
- Digital rectal exam.



Prostate cancer is the second most common cancer among men in the United States. It is also one of the leading causes of cancer death among men of all races and Hispanic origin populations.<sup>1</sup>

# 4



## Deal with depression.



Depression is more than just feeling sad or going through a rough patch. It's a serious mental health condition that requires understanding, treatment and a good recovery plan.

Men are 4 times more likely to commit suicide compared to women. Instead of sadness, depression may play out in men as:

- Anger and aggression.
- Work burnout.
- Risk-taking behavior.
- A midlife crisis.
- Alcohol and substance abuse.

Experts say the challenge in preventing suicide is getting men to reach out to others for support or for professional counseling.

### Get help now.

If you or someone you know is having thoughts about suicide, help is available right away. These services are available 24 hours a day, 7 days a week.

### Member Support.

**<1-888-716-8787 (press 8)>**

Speak to an Optum Care Advocate at no cost to you.

### National Suicide Prevention Lifeline.

**1-800-273-TALK (8255), TTY 1-800-799-4889**

All calls are confidential.

### Crisis Text Line.

Text "connect" to 741741.

Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency.



Around 9% of men in the United States have feelings of depression or anxiety each day.<sup>2</sup>

# 5



## Check your risk for stroke.



A stroke is caused by a blocked blood vessel or bleeding in the brain. Strokes happen in 2 basic ways. Both can be life-threatening. Recovery from stroke depends on the extent and location of brain damage.

- 1. Thrombotic stroke or embolic stroke.**  
Thrombotic stroke is when a clot forms in a blood vessel and blocks blood flow to parts of the brain. Embolic stroke is caused by a clot that travels from somewhere else in the body and gets stuck in a blood vessel in the brain.
- 2. Cerebral hemorrhage.**  
A hemorrhage is when an artery in the brain leaks blood or bursts. This leaked blood puts too much pressure on brain cells and damages them.

### Signs and symptoms of a stroke.

Remember the most common signs of stroke and how to respond with the word F.A.S.T.

**F = Face drooping.** Ask the person to smile. Does one side droop?

**A = Arm weakness.** Ask the person to raise both arms. Does one arm fall down?

**S = Speech difficulty.** Ask the person to repeat a simple sentence. Are the words slurred?

**T = Time to call 9-1-1.** If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

### Help lower your risk.

To lower your risk of stroke, make sure to get any of these factors under control.

- High blood pressure, heart disease and high cholesterol.
- Obesity.
- Type-2 diabetes.
- Abuse of stimulant drugs like amphetamines and cocaine.
- Smoking and alcohol abuse.



Someone in the United States has a stroke every 40 seconds. Every 4 minutes, someone dies of stroke.<sup>3</sup>



## Helpful resources.



**For more information, visit these websites:**

**American Heart Association**

heart.org  
1-800-AHA-USA-1

**Centers for Disease Control and Prevention**

cdc.gov/heartdisease

**UnitedHealthcare Community Plan**

myuhc.com/CommunityPlan (for members)  
UHCommunityPlan.com (for non-members)



**Important contacts:**

Doctor's name: \_\_\_\_\_ Phone: \_\_\_\_\_

Pharmacy: \_\_\_\_\_ Phone: \_\_\_\_\_

Urgent Care: \_\_\_\_\_ Phone: \_\_\_\_\_

Hospital: \_\_\_\_\_ Phone: \_\_\_\_\_

**If there's an emergency, call 911.**

**Notes:**

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