

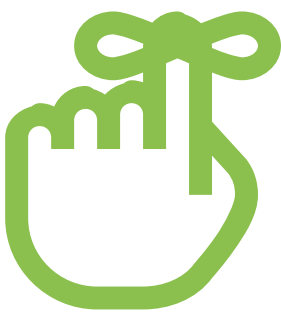
5 WAYS TO CELEBRATE MEN'S HEALTH MONTH



Get Heart Healthy

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Take some time this month to learn about common men's health issues. Heart disease is the leading cause of death for American men. Learning more about it can help you take steps to prevent it.



Make Your Physical Appointment

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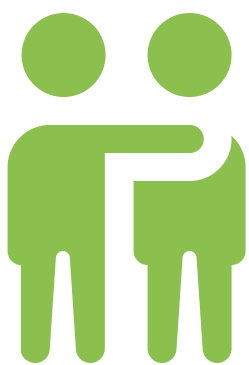
Early detection of common health issues can save your life, so celebrate Men's Health Month by making your annual physical appointment. Click the link above for questions to ask your doctor.



Examine Unhealthy Habits

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Use Men's Health Month to look at unhealthy habits and take steps toward change. Click the link above to learn which habits to prioritize, like smoking, based on their long-term health impact.



Reach Out to a Loved One

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Studies show that strong relationships with friends and family can lead to longer, healthier lives. Click the link above to read more about the positive health impacts of healthy social connections.



Spread the Word

[LEARN MORE](#)

Spread awareness of men's health issues by celebrating Men's Health Month online. Click the link above for hashtags, resources and more ways to celebrate.