

MEN:

# TAKE CHARGE OF YOUR HEALTH

Replace bad habits with healthier ones.

## Seek regular care.

Talk to your doctor about routine appointments and age-appropriate exams and screenings.

## Protect your skin.

Men are more likely than women to develop skin cancer, so wear sunscreen and talk to your dermatologist.

## Don't bottle up feelings.

Identify anxiety, stress and depression in your life and make an appointment to see a therapist.

## Quit smoking.

Men who smoke are 17 times more likely to develop bronchitis and emphysema. It's time to kick the habit!

## Practice good oral hygiene.

Oral health is key. Visit the dentist twice a year and brush and floss twice daily.



To learn more helpful tips about maintaining a healthy lifestyle, visit [mycare.sharecare.com](https://mycare.sharecare.com).

