



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



MEN'S WELLNESS TIPS FOR HEALTHY AGING

Read about preventive screenings, healthy diet, mental health, skin care and more.



- 1. Get regular preventive screenings.** Visiting the doctor isn't just for when you're sick. A preventive care schedule can give you a guideline on recommended tests based on your age, but your personal screening needs might vary based on your health history and your family health history. Talk to your health care provider to decide what is best for you.
- 2. Eat a healthy, balanced diet and stay active.** These lifestyle choices affect more than just your weight. Eating healthy foods and exercising regularly can help control your blood pressure and cholesterol, and prevent or control type 2 diabetes.
- 3. Don't drink to excess.** Moderate drinking is defined as up to two drinks per day for men. But a "drink" might be smaller than you think. One drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor or spirits.
- 4. Talk it out.** Pay attention to your mental and emotional health, and talk to your doctor about treatment options if you think you may be dealing with depression or anxiety. Depression is a common condition that affects millions of people in the United States each year, yet people are sometimes reluctant to talk about or acknowledge it. Depression can be treated with talk therapy, medication, or both.*
- 5. Kick your smoking habit.** Your body starts to heal and recuperate as soon as you quit smoking. After you quit, your blood pressure goes down, and your pulse and blood oxygen level return to normal. Plus, your risk of having a heart attack or stroke, and your risk of dying of cancer, all go down. Find more information and smoking cessation resources [here](#).
- 6. Drink water.** Staying hydrated ensures all of your body's systems stay in functioning order. Water helps regulate your body temperature, lubricate your joints, protect your body tissues and rid your body of waste. Your daily water intake can come from both liquid and food sources.
- 7. Pay attention to your skin.** You may be more susceptible to skin lesions and sun spots as you get older. Check your skin regularly and contact your health care provider if you notice anything that looks suspicious. Also, protect your skin with daily sunscreen. Even when it isn't sunny outside your skin is still susceptible to damage from UVA and UVB rays.

Explore more at the [Chiefs Wellness Program homepage](#) »