

A monthly wellness newsletter from Better You

Guys: Is it time for a tune-up?

Are you taking better care of your car than your body? June is Men's Health Month, and like your car, your body needs upkeep to continue running smoothly.

Skipping your annual wellness checkup is like never changing your car's oil and can lead to problems down the road. Men tend to avoid screenings and exams, but catching problems early is key to easier and less expensive treatment.

Here are five steps to stay healthy and reduce your health risks:

1. See your doctor for checkups and screenings. Screenings may include blood tests, blood pressure checks, and testicular and prostate checks.
2. Nicotine harms your heart. It constricts your blood vessels and increases the risk of heart disease. If you smoke, talk to your doctor and visit smokefree.gov or click the [self-referral form](#) (Floridians only) for help quitting.
3. Limit alcohol to two drinks a day. Alcohol increases your blood pressure and your risk of stroke.
4. Lose extra weight to ease strain on your heart and lower your risk of diabetes. Just a modest 5-10% weight loss can improve your health.
5. Get moving! Just like your car, you are designed to move. Any amount of physical activity is beneficial, but aim for 150 minutes of

exercise each week, and add strength training twice a week to maintain muscle.

Treat your body like a finely-tuned race car and take care of your body. It's your most important machine!

For more information about preventive care, visit the [Centers for Disease Control and Prevention](#).



Resources: [CDC.gov](https://www.cdc.gov); [Cancer.gov](https://www.cancer.gov)

Nourishing hope—treating eating disorders

Eating disorders can happen to anyone, regardless of age, race, background, and gender.

From a busy soccer mom to a teen girl posting on social media to a male wrestler trying to meet weight, eating disorders have severe impacts both physically and mentally.

In fact, 9% of people in the U.S. will have an eating disorder at some point in their life. It's also the second leading cause of death for a mental health illness after opioid abuse.¹

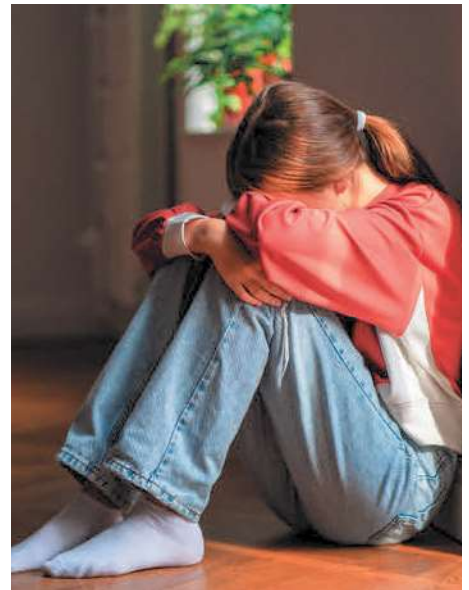
Important: Eating disorders are

treatable. Learning the warning signs and symptoms can help you or someone you love get help as soon as possible.

Webinar:

[Join us](#) on Thursday, June 20 with Dr. Kim Sundling, who will talk about what you should know, including:

- Types of eating disorders
- Who's most at risk for developing an eating disorder
- Warning signs and symptoms
- Treatment options



Learn more on [BlueAnswers](#).

You can also call Lucet, our mental health care partner, at 1-866-287-9569 to talk to someone.*

The path to recovery is possible.

Resource: ¹ [National Eating Disorders Association](#)

*Florida Blue contracts with Lucet to provide behavioral health services.

Avocado Hummus (Serves 10)

Ingredients:

- 1 (15 ounce) can no-salt-added chickpeas
- 1 ripe avocado, halved and pitted
- 1 cup fresh cilantro leaves
- ¼ cup tahini
- ¼ cup extra-virgin olive oil
- ¼ cup lemon juice
- 1 clove garlic

- 1 teaspoon ground cumin
- ½ teaspoon salt

Directions:

Drain chickpeas, reserving 2 tablespoons of the liquid. Transfer the chickpeas and the reserved liquid to a food processor. Add avocado, cilantro, tahini, oil, lemon juice, garlic, cumin and salt. Puree until very smooth.



Serve with veggie chips, pita chips or crudités.

Recipe courtesy of [Eatingwell.com](#); for nutritional information click [here](#).

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.

Unless otherwise indicated, all materials, content and forms contained in this newsletter are the intellectual property of Better You. No materials, content and forms contained herein may be copied, reproduced, distributed or displayed in full or in part without expressed written permission by Better You.



June Better You Pursuit Newsletter – Florida Blue

Happy June!

June is National Men's Health Month! Small daily healthy habits – eating right, exercising, managing your stress, and getting enough sleep can help reduce your risks of developing diseases and chronic conditions. Annual checkups and preventive health screenings are the *best* way to catch something small before it becomes something big. Make time this month to schedule your annual checkup appointment with your primary physician. Don't have a primary yet? Call the toll-free number on the back of your health insurance ID card and one of our care specialists will help you find one near you.

NEWSLETTER – June 2024 highlights are:

- Guys: Is it time for a tuneup?
- Nourishing hope – treating eating disorders
- Recipe of the month: Avocado hummus

STATEWIDE LIVE WEBINARS

Staying informed, getting resources, and speaking with experts on a variety of health topics for a Better You is just a few clicks away! Register today for [Florida Blue's wellness education live webinars](#). Or point your smartphone camera to the QR Code below. All times are Eastern.



Upcoming topics: Interested in a topic but cannot attend? Still register! You will receive the link to the live webinar recording the day after the event.

- ✓ Sleep – Tuesday 6/11 – 1 p.m. – 1:45 p.m. ET
- ✓ No Time to Eat? (Ask the Dietitian) – Wednesday 6/12 – 1 p.m. – 1:45 p.m. ET
- ✓ Eating Disorders (Behavior Health) – Thursday 6/20 – 1 p.m. – 2 p.m. ET
- ✓ Mental Health - Depression (Ask the M.D. – Sanitas) – Wednesday 6/26 – noon – 1 p.m. ET

Missed passed webinars? [Listen to past webinars recordings here](#).

FLORIDA BLUE ANSWERS

Becoming and staying healthy can help you lower your health care premiums. Learn how with these tips and resources.

- [Why do I need a primary care doctor?](#)
- [Do I need an annual wellness checkup?](#)
- [When should I choose my primary care doctor \(PCP\), urgent care or the emergency room?](#)

HEALTHY NUGGETS (Short videos) ~ JUNE – National Men's-Health Month

Are you recharging your electronic devices more often than you are recharging your own batteries? With the demands of our professional and personal lives, it is common to feel overwhelmed and burned out. Taking just a few minutes for yourself throughout your busy day to “unplug & recharge”



will help you stay focused, energized and calmer. Take **Small Steps to a Better You** with our healthy nuggets.

- [Beat stress with exercise](#) (1:00)
- [Move, stretch and get focused](#) (8:03)
- [Improve your balance with these simple moves](#) (6:23)

FLORIDA BLUE CENTERS

Get support from our friendly team members at your local Florida Blue Center. [Meet Marie ~ one of our community specialists](#). She is part of our statewide compassionate team who can help you understand your health plan, compare costs, enroll in rewards, connect with local resources, improve your health with care management and a lot more. [Find a Florida Blue Center near you](#) and schedule an appointment (not required but suggested).

Be well!