

men's health month

PACK HEALTH[®]

A Quest Diagnostics Company

Personalized Support & Resources

June is men's health month! There's no better time to raise awareness and tackle the issues facing men's health, including cardiovascular disease, hip, joint, or back pain, mental well-being, and more.

On average, men are at higher risk for conditions such as heart disease, lung cancer, and HIV¹ — highlighting the importance of preventative screenings and promoting healthy habits. Be proactive, take action, and make your health a priority!

LEAD YOUR OWN HEALTH JOURNEY

Pack Health's patient engagement programs put members in charge of their health. You'll be given the personalized tools, resources, and advice you need to take the next step in your journey to better health. Your future self will thank you for it!



Weekly **one-on-one engagement** with a Health Advisor. No chat bots here, guaranteed.



Help communicating with care team & social support.

ADDITIONAL RESOURCES

We're not stopping there — here's some additional resources, from more information to how to get further involved.



Alabama Public Health: Resources for Men
alabamapublichealth.gov/men/



Men's Health Network Resource Center
menshealthnetwork.org/formen



Movember: Educational Resources, Facts, & Support
us.movember.com/mens-health/get-support



get started today!

**enroll at packhealth.com/usa
or call 1.855.255.2362**



¹Murphy SL, Xu JQ, Kochanek KD, Arias E. Mortality in the United States, 2017. NCHS Data Brief, no 328. Hyattsville, MD: National Center for Health Statistics. 2018.

Pack Health is not intended as a substitute for medical advice provided by a person's treating healthcare provider and is not intended as the practice of medicine. Pack Health is intended to be an aid for people to gain insights into ways to help improve their general health and well-being. Only a person's healthcare professional should diagnose and treat their patients based on the provider's clinical assessment, education and training. This service should not be used as a substitute for a person's healthcare provider.

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