June Wellness Newsletter

National Health Observance
Men’s Health Awareness Month
National Safety Month

June’s health observances are Men’s Health Awareness Month and National Safety Month. Check out the following UnitedHealthcare educational resources:

- Men’s Health
- Prostate Cancer
- Men’s Preventive Health Tips
- Tips to Prevent Back Pain

Heart disease in men:

There are different types of heart disease, but coronary heart disease is the most common — and the leading cause of heart attacks in the U.S. Coronary heart disease happens when plaque builds up in the walls of your arteries, making them hard and narrow. This could lead to a blockage and prevent blood from flowing through your arteries like it should. Eventually, it can cause heart attack, stroke and other vascular conditions. Knowing your risk factors and the lifestyle changes you can make to help prevent heart disease could keep you in the CLEAR.
United at Work Presentation of the Month

Men’s Health

[Click here](#) for the Men’s Health presentation.

Men have specific health recommendations and disease risks. During this presentation, you will learn facts related to men’s health, define the leading cause of death among men, and look at risk factors and barriers to men’s health. Lastly, you will learn the types of recommended screenings for men.

[Click here](#) for the entire United at Work catalog.

---

Next Month’s Preview...

Health Observance

- **Summer Safety**
- **Dental Health Awareness Month**

Health Tip Flier of the Month

- **Healthier Dental Habits**

United at Work Presentation

- **Healthier Dental Habits**

---

Men’s Health Questionnaire

- **Quiz & Answers - English**
- **Quiz & Answers - Spanish**