

## Men's Health Month

### Simple ways to support better health

#### Stay on top of stress

Among work, family responsibilities, and the pace of life in the Bay Area, stress can build quickly. Over time, chronic stress can affect both physical and mental health. Checking in – and encouraging support when needed – can go a long way.

#### Know when to connect with care

There's no one-size-fits-all schedule for check-ups. The right timing depends on age, health history, and individual risk factors. Preventive care – like screenings, vaccines, and routine visits – helps catch issues early.

At Kaiser Permanente, we make it easier to stay current with our personalized care, digital tools, and connected care teams to help members get the right care at the right time.

#### Prioritize quality sleep

Sleep is essential for overall health. On-going sleep challenges can increase the risk of heart disease, impact mood, and affect day-to-day mental and physical performance.

#### Make movement part of your routine – together

Whether it's a Saturday hike or just staying active during the week, regular movement supports heart health, energy, and overall well-being. Small, consistent steps add up. Even better if friends or family join you.

#### Why it matters

Men are at higher risk for serious health conditions, including cardiovascular disease and certain cancers. The good news is many of these risks can be reduced with preventive care, early detection, and healthy lifestyle choices.

#### We're here to help

Men's health needs evolve over time – from mental health and heart health to cancer screenings and more. Our care teams are here to provide guidance, answer questions, and support you – every step of the way.



#### Edward Kao, MD

Physician-in-Chief

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