



# Men's Health

## Did you know?

### **6 out of 10 suicides are men**

Mental health impacts tens of millions of people every year – and only half seek and receive treatment. American men are four times more likely than women to take their life due to depression.

Source: [Providence Blog](#)

## Learn more

### **Prostate cancer impacts 1 in 5 men**

Know the most common risk factors, like older age, family history and race.

Source: [Pfizer](#)

### **Plan your financial life**

Financial well-being doesn't happen overnight. [Napkin Finance](#) helps simplify and translate complex financial decisions with napkin drawings. They also offer videos, courses, and articles if you want to dive deeper.

### **Stay connected to yourself and others**

Taking five minutes a day to do what's meaningful to you can help you feel more energized and positive. Whether it's volunteering, meditating, or catching up with a friend, a little bit of "me time" has healthy benefits.

Sources: [WebMD](#) and [Harvard Health](#)

## Take action

### **Schedule your wellness check-up**

Preventive care services are covered in full when you see an in-network provider. Use the [Providence Health Plan Provider Directory](#) for help finding an in-network primary care provider.

### **Take care of your heart**

Even if you don't have symptoms, men are at greater risk for heart disease. Stay active and aim to move 30 minutes each day. As a Providence Health Plan member, you have access to gym and fitness studio discounts through [Active&Fit](#) and [LifeBalance](#). Or, download an app, like [Nike Training Club](#) or [Peloton](#), for on-demand workouts.

### **Rest and recharge**

Your body needs at least 7 hours of sleep. Use the features in your smartphone to set bed time reminders or to turn on the "do not disturb" function when you go to bed. Apps like [Headspace](#) or [Calm](#) can also help you relax before bed. Curious about the quality of your sleep? Take [Providence's Sleep Assessment](#).

Visit [myProvidence.com](https://myProvidence.com) to access more health and well-being resources