

A Spring Greeting from Coventry Service Program



In our winter e-newsletter, we discussed the importance of women's health. For this spring edition, we want to focus on the maintenance of men's health. Did you know that June is [Men's Health Month](#)?

Specifically, June 14-20 is [Men's Health Week](#). The week is designated to serve as a reminder to men to take steps to get healthier, to heighten the awareness of preventable health problems, and to encourage early detection and treatment. We have included some information and resources below to help with this! We hope that you find these resources helpful, please call us if we can be supportive in any way.



Why is men's health and wellness important?

A few key facts about men's health:

- [Men are not as likely](#) as women to have preventative screening and checkups, which is a problem because early detection can lead to better medical outcomes.
- [Men die at higher rates](#) than women from 9 of the top 10 causes of death, including heart disease, stroke, and diabetes, and on average [men die five years younger than women do](#).
- Two of the most consequential medical challenges facing American men are heart disease and depression. According to the CDC, nearly [1 in 13 adult men](#) live with heart disease. The American Psychological Association reports that nearly [10%](#) of men in the United States have daily feelings of depression or anxiety, and that more than [30%](#) have suffered from a period of depression at some point in their lives.



As with women's health, the health of the men in our lives affects all of us. We find that the following statement from Congressman Bill Richardson (NM) represents things nicely; "Recognizing and Preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters and sisters, men's health is truly a family issue." (Congressional Record May 1994).

Resources for men's wellness

Maybe you are interested in taking steps towards developing healthier habits during Men's Health Week. Here are some resources to help you get started:

- [Mayo Clinic](#) recommends that men over 50 have yearly physical exams. The Department of Health & Human Services offers a [tool](#) that can help you learn more about recommended screenings and preventative measures.
- We know that [exercise is important](#) (for everyone!) and we recognize that [getting started](#) and [staying motivated](#) to participate in physical activity can be a challenge. Sometimes making a commitment to do an activity with a friend or family member can make the difference. We like this idea of [starting a walking club](#)! Maybe you are staying close to home? You could check out these exercise [videos](#) from National Institute for Health, or check out this [article](#) which talks about just the right kinds and amounts of exercises if you're staying home for now.
- Eating a healthy and balanced diet, which is rich in [fruits and vegetables](#) is important. Look for the opening of farmer's markets in your area for easy access to local produce, check out this [website](#) for help finding the nearest market. Moreover, given our access to recipes and meal suggestions on the internet, eating the right way is easier than ever. Take a look at the [Men's Health Recipes](#) page. Share your favorite healthy recipes with us; we would love to share them with the group!
- Given the percentage numbers of men who experience [depression](#) and [anxiety](#), it is important to know the signs of each, and [seek treatment](#) when you need it.
- [Men's Health Network](#) offers a plethora of information about men's health. We encourage a visit to their site, and we especially like the resources they offer for [cardiovascular health](#), [mental health](#), and their [A-Z](#)



[Resource Center](#) for men's health.

- To reinforce our sentiments that we're all in this together, we are sharing this information about how [women can support the men in their lives](#) with health goals.

How can Coventry Service Program help?

As always, no matter your gender, we are here to help. We talk with policyholders about their health and wellness everyday, we help set goals based on their interests, and can offer information about local and national resources. Please reach out, share your thoughts about this information or tell us how we can support you. You can call or email us or send us a note to get an exchange of thoughts going. We look forward to hearing from you.

A few notes from us:

We hope that you and your families and friends are well during these unprecedented times. Like you, we have been doing our best to stay safe, and to help our communities be safe.



We felt this topic was particularly timely given that June is Men's Health Month. We will be [wearing blue on Friday, June 19th](#) to help promote awareness of men's health and to show the men and boys in our lives that we support them in their health efforts. Will you join us? We hope so! Share with us how you're celebrating Men's Health Month this year; send us photos of you trying in a new healthy activity, or wearing blue in June.

If you're not sure how to share a photo with us, we'd like to help. In general, it's good practice to open a new email and look for the "paper clip" icon. This often will allow you to attach a photo to the email. You can email us at serviceprogram@coventrycarelink.com. Depending on the device you're using to send the email (iPhone, android, computer etc.), the way that you attach and send a photo may vary a bit. You may be able to search for directions online, or ask a child or grandchild for help (that's what we do!) Call us; we may be able to help over the phone!



To share with you:



Here are some images of spring in Maine; a spring flower peeking out through the winter earth, and a flowering shrub ablaze with color. We have been spending a lot of time outside walking, hiking, gardening, and playing with youngsters. How have you been keeping busy this spring? Please share your

seasonal photos with us. We would like to share them in our next newsletter! Wishing you a sunny spring and wonderful summer. *Erin, Diane, Mary, Linda, Jacki, and Jane*



Resources for you:

We have found the following resources to be helpful in the development of this newsletter. Please click on the underlined link to access the webpage: [Men's Health Network](#), [Centers for Disease Control](#), [World Health Organization](#), [Health.gov @ DHHS](#), [American Psychological Association](#), [National Institute on Aging @ NIH](#), [Mayo Clinic](#), [Next Avenue](#), [Men's Health Magazine](#), [National Institute of Mental Health @NIH](#), [Men's Health Resource Center](#), [Women'sHealth.gov @ DHHS](#),

Stay Connected in 2020!

Share with us how you celebrate good health this spring.

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You are encouraged to make use of these staff ideas to enhance your lifestyle; however, no content presented here should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.