



## MEN'S HEALTH MATTERS

**Did you know that men are less likely to seek treatment for health problems than women?** That's why it's especially important for men to pay attention to their health and deal with issues when they arise.

**What's a guy to do?** Make preventive care a priority. Eat a balanced diet, stay active, sleep seven to nine hours a night, and get recommended screenings. Read on for more ideas.

### HEALTH HABIT

**Eat your way to better heart health.** Heart disease is the number-one killer of men in the United States. Reduce your risk of heart disease with a wholesome, nutritious diet low in added sugars, sodium, and trans or saturated fats.

**Try it:** Load up your plate with fruits and veggies, lean proteins, and good fats like nuts or avocados. This eating plan can lower blood pressure, reduce bad cholesterol, and help you maintain a healthy weight.

### SMART TIPS

Healthy habits can help reduce your risk of chronic disease. Preventive care is often included in your HMSA plan at no cost when you see a doctor in our network.

- 1 Get a checkup**  
To treat health problems—or catch them early—see your doctor for regular health exams or whenever you notice a change in your health.
- 2 Get screened**  
If you have a family history of certain cancers or have lifestyle habits that put you at risk, it's important to get regular screenings. It's easier to treat cancer in its earlier stages. Talk to your doctor about your risk and how often you should be screened.
- 3 Move more every day**  
To boost heart health, improve balance and strength, and improve cognitive function, move every day whether you take a walk, do a high-intensity interval training (HIIT) workout, or try a few yoga poses.

### RECIPE OF THE MONTH: Mediterranean Baked Opah



For the second year in a row, U.S. News and World Report ranked the Mediterranean Diet as the Best Diet Overall. There's evidence that the Mediterranean Diet is good for heart and brain health, diabetes prevention and control, and weight loss.

This recipe features opah, also known as moonfish, a tender white-flesh fish that's mostly caught in Hawaiian waters.

Get the recipe at [islandscene.com](http://islandscene.com).

For more ways to improve your health and well-being, visit [hmsa.com/well-being](http://hmsa.com/well-being).