



# SmartFHR Newsletter



## Men's Health Awareness Month

June is National Men's Health Month.

- Men are 17% more likely than women to have cancer
- 50% more likely than women to die of heart disease
- 50% less likely than women to seek preventive care.

Tips to improve Men's Health:

- Make healthier food choices- eat more at home and fill half your plate with fruits and veggies.
- Get 30 minutes of exercise each day.
- Maintain a healthy weight.
- Don't smoke or use tobacco products.
- Speak to a professional about your mental health.
- Get regular checkups for blood work and preventive screening.

## From the Desk of Green Circle Life Health Partners

Think of preventive care like maintenance for a car. If you get the oil changed and tires rotated before there is a problem, your car is most likely to stay in better condition and have fewer problems long-term.

To see the infographic, click on <https://bit.ly/3PxLnEI>

## Primary Care and Prevention

Learn about the importance of preventative care: [Learn the importance of preventive health | HealthCare.gov](https://www.hhs.gov/healthcare/preventive-care/)

## Learn About the SmartFHR™ App: Wellness Checklist

We're officially halfway through the year; now is a great time to reassess your health and make sure you are up to date with recommended screenings and appointments. Not sure what you are missing? The activities in the Wellness Checklist are created for you specifically based on age and gender. Check off items as you complete to keep yourself on track!



## Healthy Recipe: Super-Duper Fruity Pizza

A fun snack that is bursting with deliciousness and wholesome goodness!

Read more at [Super-Duper Fruity Pizza - Food & Nutrition Magazine - Stone Soup \(foodandnutrition.org\)](https://www.foodandnutrition.org/recipe/super-duper-fruity-pizza)



## Men's Health

Visit the link below for more tips on how to stay healthy as a man.

Read more at [Top 10 Vital Health Tips For Men in 2023 – You Must Get Healthy](https://www.foodandnutrition.org/recipe/super-duper-fruity-pizza)