

THE POWER OF PREVENTION:

# Prioritizing Men's Health at Clorox



Getting your annual physical or well visit completed, staying on top of recommended routine screenings, and seeing your Primary Care Provider (PCP) regularly are all important ways to help you keep your health in check.

Clorox is here to help you be well and thrive in every way. Use this quick resource guide the next time you schedule a visit with your PCP to ensure you are advocating for your health and getting the most out of each visit.

## Build a positive relationship with a PCP

Remember, in-network annual preventive care (i.e., your annual physical or well visit) is covered at no cost to you. Schedule an appointment with your PCP to determine which screenings\* are right for you and let them help you get one on the calendar. Here is a checklist of actions you can take to make the most out of every visit with your PCP.

<b>Before your visit</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> <b>Research.</b> Learn your family health history and be prepared to share it with your PCP.</li><li><input type="checkbox"/> <b>Write.</b> Make a list and prioritize your concerns.</li><li><input type="checkbox"/> <b>Request.</b> If an interpreter is needed, request to have one present during your visit.</li></ul>
<b>During your visit</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> <b>Share.</b> In addition to sharing your family history, be prepared to provide a list of your current medications and supplements.</li><li><input type="checkbox"/> <b>Advocate.</b> Your PCP may suggest making changes or modifications to your lifestyle. Advocate for yourself – set reasonable expectations regarding what you can/cannot do.</li><li><input type="checkbox"/> <b>Trust.</b> Your PCP is there to help and listen. Be open and honest about your health (both physical and mental). Don't be reluctant to talk about mental and sexual health – these are important topics that your PCP wants/needs to hear about.</li></ul>
<b>After your visit</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> <b>Understand.</b> Review primary take-aways with your PCP or their nurse team prior to leaving.</li><li><input type="checkbox"/> <b>Follow Up.</b> Ensure you are clear on follow-up guidance prior to leaving the office. Reconnect with your PCP care team as needed to complete all recommended next steps.</li><li><input type="checkbox"/> <b>Discuss.</b> Talk to your spouse or family member about getting support with implementing life changes.</li></ul>

\* See the chart on page 2 for age related screenings

Be Well. Be You.

Men Age 20-45	Men Age 46-60	Men Age 60+
<b>Annual physical:</b> Including mental health screenings		
<b>Testicular Cancer Self-exam:</b> Begin at puberty		
<b>Prostate Cancer Screening</b>		
<b>Colorectal Cancer Screening:</b> Recommended beginning at age 45, every 1-10 years; depends on type of screening		
<b>Check for erectile dysfunction</b>		<b>Check for urinary symptoms</b>

## Did you know...

Compared to women, MEN are more likely to		
Drink Alcohol and Smoke	Avoid Preventive Health	Not Seek Help
<ul style="list-style-type: none"> <li>• <b>Heavy drinking significantly increases the risk of injuries, long-term chronic health problems, and cancer</b></li> <li>• Smoking is the leading cause of death in the US; men are more likely to smoke cigarettes than women</li> <li>• <b>In 2022, 70.3 million males 12 years old or older used illicit drugs in the past year</b></li> </ul>	<ul style="list-style-type: none"> <li>• Nearly one-third of men do not have a primary care physician and miss yearly well visits</li> <li>• Black men have the highest colon cancer rates in the US</li> <li>• Heart disease, high blood pressure and diabetes are silent killers, may times without symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Males are less likely to seek help for mental health issues than females</li> <li>• <b>28% of men 18 years old or older exercise on a regular basis</b></li> <li>• Suicide rate for men is about 4x that of women</li> </ul>

## What else you can do for your health

While certain health risks – like your family history, ethnicity, and age – are beyond your control, there are many things you **can** do to limit your risk of chronic conditions and improve your well-being, like:

 <b>Eat nutritious foods</b>	 <b>Decrease salt intake</b>	 <b>Increase physical activity</b>	 <b>Get outside</b>
 <b>Avoid drug/ alcohol abuse</b>	 <b>Get a good night's sleep</b>	 <b>Practice mindfulness</b>	 <b>Maintain healthy social connections</b>
 <b>Get help early</b>	 <b>Monitor blood pressure and cholesterol</b>	 <b>Monitor blood sugar</b>	 <b>Get recommended screenings</b>
<b>See your provider every year (or more often)!</b>			

For more information on all of the preventive care programs and resources available to you at Clorox, visit [cloroxbenefitsinfo.com](https://www.clorox.com/benefitsinfo).