

Men's Health Webinar

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 The Clorox Company



Facilitating Today's Discussion



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Preventive Screening Initiative at Clorox

Preventive health and seeing your doctor will help you be around for your family and the moments that matter. Being healthy helps you keep your head in the game and focus on your personal goals. Managing your stress level improves your physical health and longevity.



Create	Help	Remind	Educate
Create a healthy, happy and high-performing workforce who understand the value of preventive care on their overall well-being	Help teammates recognize and take responsibility for their health	Remind teammates annual screenings are provided at “no-cost”	Educate on Clorox broad benefits ecosystem

Men's Health Snapshot

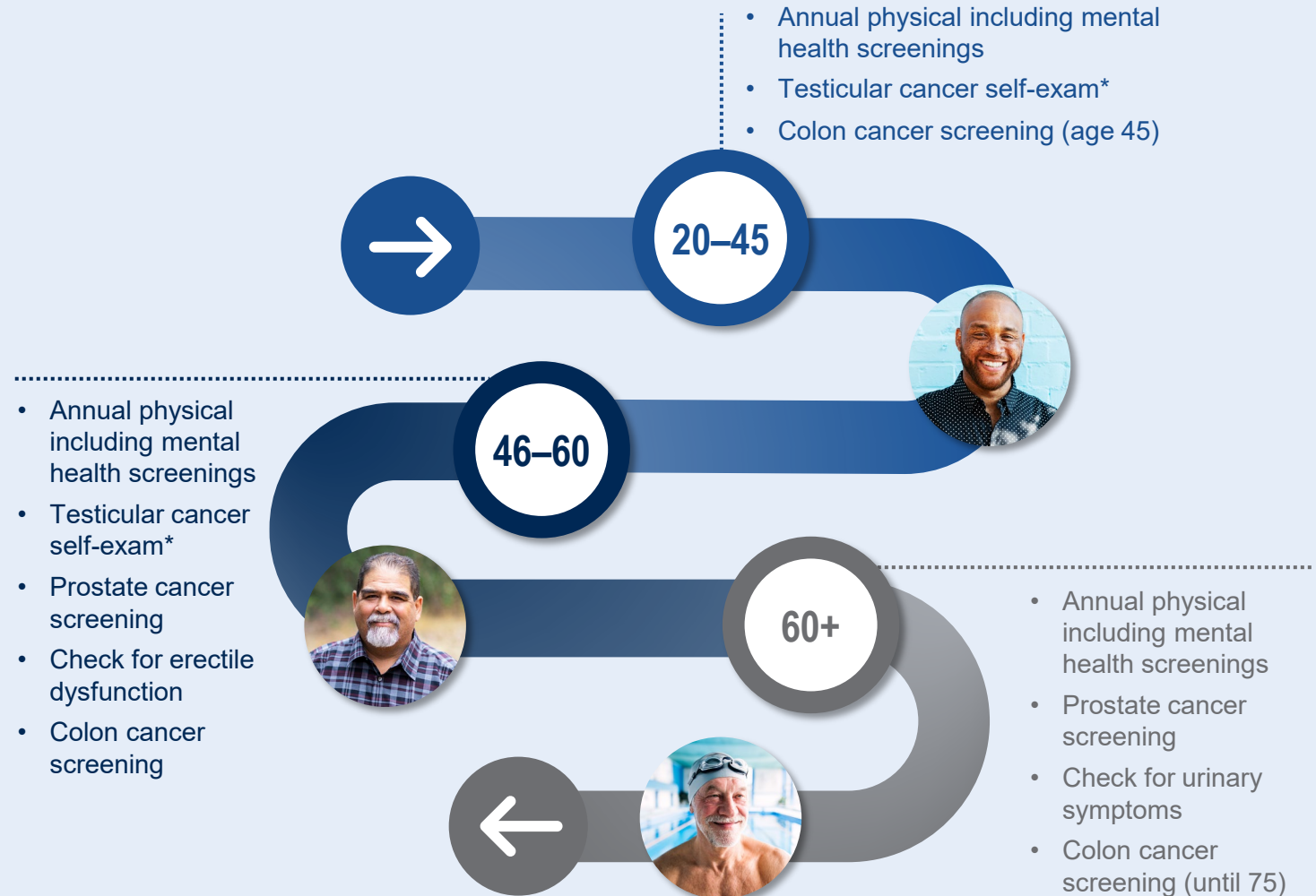


Keeping yourself in tune

Like your car, your body needs regular tune-ups. Here are some general systems checks you should discuss with your doctor.

- Annual physical
- Skin exam
- Weight check
- Body mass index check
- Blood pressure check
- Immunization status check
- Anxiety and depression screening

Men's health screenings by age



Men of all ages should see their PCP for a well-visit annually – regardless of age or risk factors!

Men's Health Journey

- **Behavioral Health, Obesity, Musculoskeletal Disorders, and Risky Behaviors** are most common health concerns
- 18% of young men (ages 18-25) experience a **major depressive episode**
- **Motor Vehicle Death Rate** and **Suicide Rate** both **3x higher** for teenage males than teenage females

Teens



20s

- Low rates of **preventive screening** and overall healthcare engagement
- Skin cancer risk often overlooked, focus on safe sun practices
- **Overweight & obesity** levels increasing in younger populations
- **20%** of men develop **alcohol dependency** in their lifetimes
- **90%** of people diagnosed with psychosis by the age of 30 are men

Men are less likely than women to seek care at all stages of life

40s

- By 40 **Testosterone levels begin to drop**, leading to reductions in bone & muscle mass and increased risk of **Musculoskeletal Disorders, weight gain, and reduced sex drive.**
- Routine cancer screenings recommended beginning in 40s (e.g., colonoscopy)
- **32% of men** are concerned with **sexual health** as they age
- Suicide rate for adult men **4x** that of women

50+



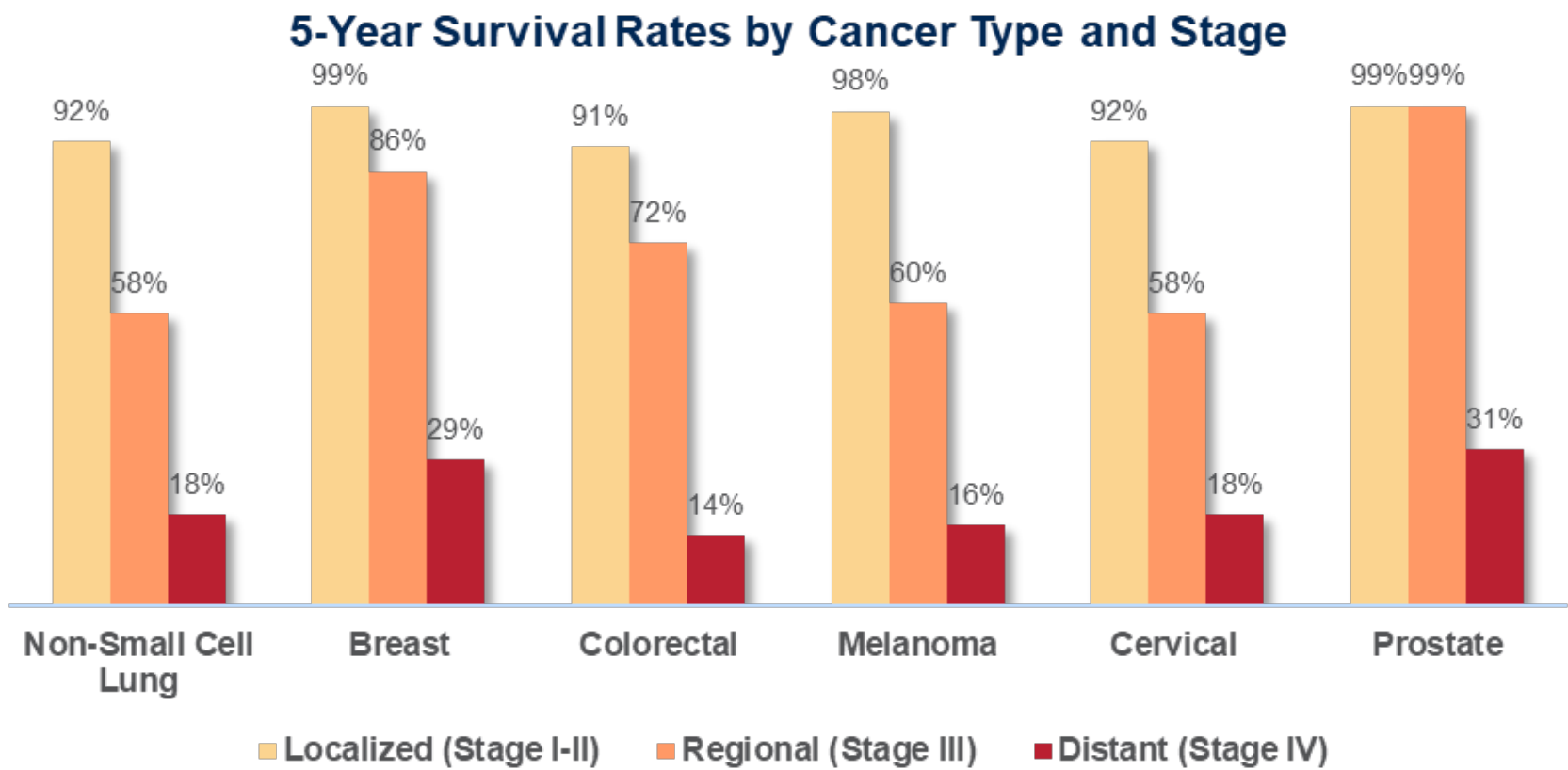
- Increased risk of **Heart Disease & Cancer**
- **Cancer** is leading cause of death for men over age 50
- **Prostate Cancer** impacts **1 out of 8** men
- Heart disease causes **1 in every 4** male deaths

30s



- **Financial Well-being** often emerges as a top concern for men in their 30s
- **Pre-Diabetes** risk increases after the age of 35
- **Family Forming, Caregiving and Fertility** support commonly reported as priorities
- Consider **Genetic Screening** during Family Forming
- **Reproductive Health & Sperm Motility** begins to decrease in 30s
- **Testicular Cancer** most common form of cancer in 30s

Detect Cancer



Early detection and treatment improves outcomes and survival rates and reduces the cost and complexity of treatment

Introducing Today's Panelists



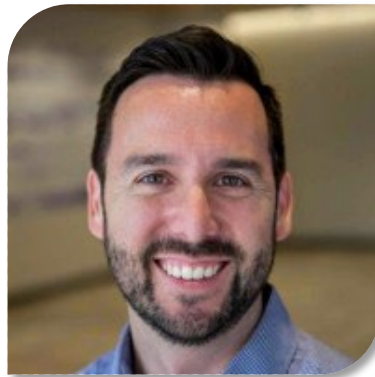
 Brown & Brown

Chip Morel
Sales Lead



 United
Healthcare

Dr. Arthur Puff, MD
Senior Medical Director





Dr. Keegan Duchiera, MD
Director of Medical Affairs





BJ Constantine, LMHC
Psychotherapist

Panel Discussion

Take Action!

Taking Control of Your Healthcare

We champion people to be well and thrive every day. With our comprehensive medical coverage, there are many ways you can receive care. However, there can also be a big difference in how much you pay depending on the type of provider and location you choose.

Understand Your Care Options And Where to Go

Use the chart below to choose the most convenient, cost-effective care based on your needs.

	NON-EMERGENCY CARE	EMERGENCY: NON-LIFE-THREATENING	EMERGENCY: LIFE-THREATENING
EXAMPLES	Cold or flu, manageable pain, sore throat or cough, allergies, sore eye, rash, suspected infection	Emergencies that require care within 24 hours (e.g., sore throat, burns, sprains, joint pain, allergic reactions, respiratory infections)	Chest pain, difficulty breathing, sudden dizziness, weakness, severe pain, uncontrolled bleeding, seizure, compound fracture, broken bone
PROVIDER	Virtual care CSC, text to learn how to access	Primary Care Visit Local Urgent Care Center	Local Emergency Room (ER)
BENEFITS	Available 24/7 No traveling or waiting rooms Available from any device with a camera and internet connection	In person Available during office hours Care provided follow-up care and refer you to a specialist if needed	On-call Best for
CONVENIENCE	○○○○	○○○	○
COST	○	○○	○○○



THE POWER OF PREVENTION:
Prioritizing Women'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.

Before your visit	<input type="checkbox"/> Research. Learn your family health history and be prepared to share it with your PCP.
	<input type="checkbox"/> Write. Have a list and prioritize your concerns.
	<input type="checkbox"/> Request. If an interpreter is needed, request to have one present during your visit.
During your visit	<input type="checkbox"/> Share. In addition to sharing your family history, be prepared to provide a list of your current medications and supplements.
	<input type="checkbox"/> Advocate. Your PCP may suggest making changes or modifications to your lifestyle. Advocate for yourself – set reasonable expectations regarding what you can control do.
	<input type="checkbox"/> Trust. Trust your PCP's 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 to hear about.
After your visit	<input type="checkbox"/> Understand. Review primary take-aways with your PCP or their nurse team prior to leaving.
	<input type="checkbox"/> Follow-up. Review any care plan or follow-up guidelines prior to leaving the office. Reconnect with your PCP and team as needed to complete all recommended next steps.
	<input type="checkbox"/> Discuss. Talk to your spouse or family member about getting support with implementing the changes.

How do you make PCP appointments?
Before appointment: 1. Call your PCP's office. 2. Use the Clorox app. 3. Visit the Clorox website.

How do you make PCP appointments?
First to PCP visits: 1. Call your PCP's office. 2. Use the Clorox app. 3. Visit the Clorox website.

Be Well. Be You.

Access tools and resources on
cloroxbenefitsinfo.com



Establish a PCP relationship and visit annually



Stay on top of your screenings, help family members do the same



Eat healthy foods












Increase your physical activity











Stop smoking and vaping

Clorox Teammate Resources

Vendor	Benefit Type	Preventive Care Support
   <small>KAISER PERMANENTE®</small>	Medical Coverage	<ul style="list-style-type: none"> • No cost in-network preventive care (includes annual well visit, screenings, vaccinations) • Support finding doctors for preventive care and screenings
	Prescription Drug Coverage (for HSA and PPO plans)	<ul style="list-style-type: none"> • \$5 in-network copay for preventive medications • Covers prescriptions that allow you to manage illnesses and conditions, and prevent them from getting worse
	Family-Forming / Hormonal Health Benefits	<ul style="list-style-type: none"> • Clorox provides a \$20,000 combined lifetime benefit for fertility, adoption, surrogacy and hormonal support • The eligibility for these benefits differ: <ul style="list-style-type: none"> • Clorox teammates and their spouse/partner enrolled in a Clorox-sponsored medical plan can use the \$20,000 lifetime maximum for fertility and hormonal health support • All benefits eligible Clorox teammates can use the \$20,000 lifetime maximum for adoption and surrogacy services. Enrollment in a Clorox sponsored medical plan is not required for these services
	Chronic Condition Management Program	<ul style="list-style-type: none"> • Support for medical plan members living with diabetes, prediabetes, or high blood pressure (hypertension) • This program is no cost if you are enrolled in a Clorox sponsored medical plan
	Medical Second Opinion	<ul style="list-style-type: none"> • Confirm and review diagnosis, treatment plans and surgical procedures for a wide range of specialties including cancer, heart disease, women's and men's unique health issues at no cost • Connect with a board-certified specialist from a top medical institution for an online second opinion consultation
	Dental Coverage	<ul style="list-style-type: none"> • No cost preventive care (cleanings, etc.)
	Vision Coverage	<ul style="list-style-type: none"> • Exam every 12 months, covered after \$10 copay

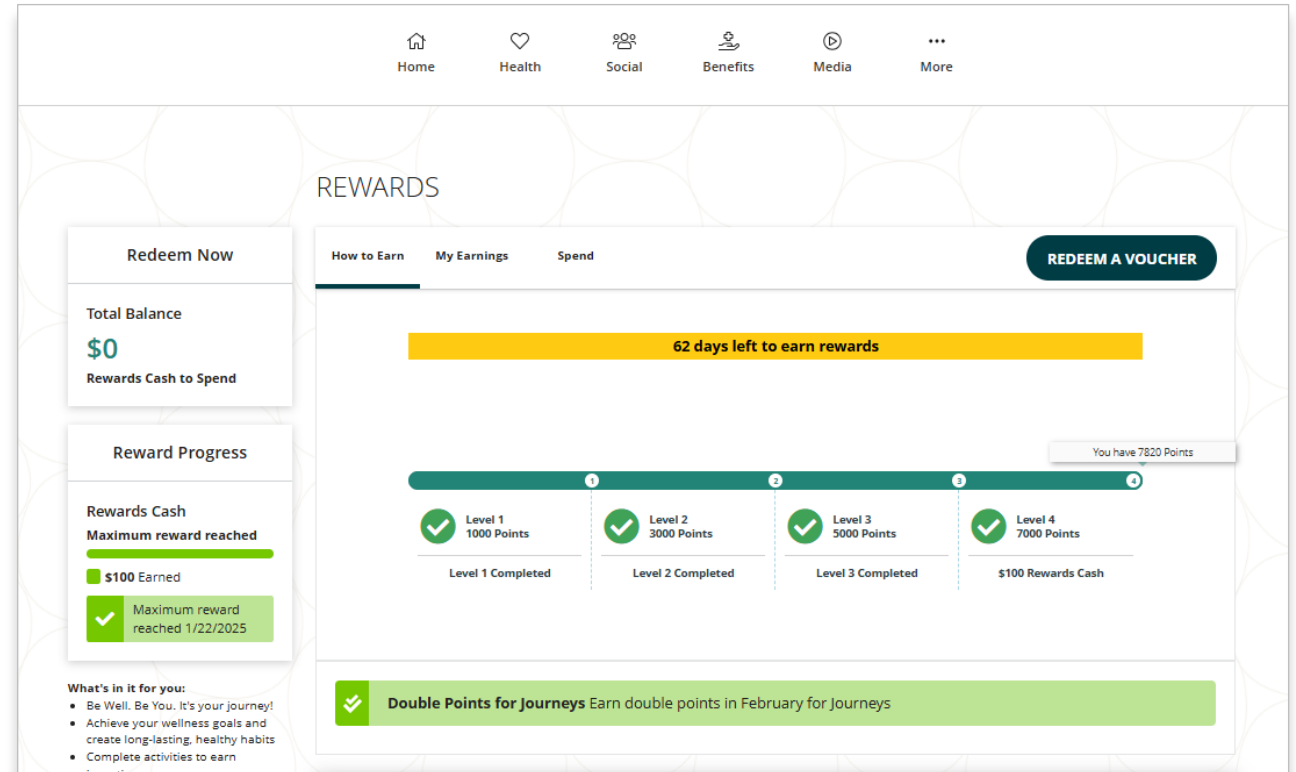
Clorox Teammate Resources *(continued)*

Vendor	Benefit Type	Preventive Care Support
	Hospital Indemnity, Critical Illness, Accident Insurance	<ul style="list-style-type: none"> • Cash payouts for Hospital Indemnity and Critical Illness enrollees: • \$50 per member per year for routine preventive exams • Equals up to \$100 per year for members enrolled in both Hospital Indemnity and Critical Illness • BenefitBump (navigation for parents or aspiring parents) for Hospital Indemnity enrollees
	Disability & Life	<ul style="list-style-type: none"> • Short-term disability: 100% of your bi-weekly base pay for six weeks, followed by pay at 66.67% for a specified number of weeks depending on your state of residence • Long-term disability: 60% of your monthly base pay • Life insurance: basic life at no cost (1x annual base pay up to \$1M), supplemental available
	Wellness Rewards	<ul style="list-style-type: none"> • Earn points for tracking healthy activities, preventive care, and more toward \$100 in PulseCash
	Weight Management	<ul style="list-style-type: none"> • Get personalized support for weight loss to stay healthy and prevent serious illness • This program is covered at no cost if you are enrolled in the medical plan
	EAP	<ul style="list-style-type: none"> • No cost support from licensed Care Navigators • 8 free therapy sessions for you and your household family members ages 6+ • Library of wellness exercises to promote your holistic well-being
	Mental Well-being & Mindfulness	<ul style="list-style-type: none"> • Access to meditation, mindfulness, sleep and stress management exercises • Available at no cost to employees and up to 5 household dependents
	Caregiving Support	<ul style="list-style-type: none"> • Backup care if you need child or elder care while attending your appointments or screenings
	Financial counseling	<ul style="list-style-type: none"> • Support financial planning, budgeting, insurance needs, and retirement planning

Earn 500 Personify Health Points

~personify^{HEALTH™}

- For participating in the Men's Health webinar, you earned 500 points.
- To redeem your points log-in to the Personify Health portal > Home > Rewards > Redeem Voucher
- Today's recording will be available at cloroxbenefitsinfo.com



Enter code: **xkgf-C8A1-cy**

Expires 12/31/25

Question and Answer Session

Please use the Q&A to ask a question



THANK YOU!

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