

June is Men's Health Month

**LIFE HAS RESPONSIBILITY**

A nonprofit licensee of the Blue Cross Blue Shield Association

Most men can be safer, healthier and stronger at work and home by getting routine check-ups and care when needed. Most health threats are preventable. Encourage the men in your life to make healthy lifestyle choices including eating healthy and engaging physical activity on a regular basis. Visit [ExcellusBCBS.com/health](https://www.ExcellusBCBS.com/health) to learn more about Men's Health and 6,000+ other health topics.

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