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# Wellness Works

JUNE 2014

## June is Men's Health Month

Men face unique health challenges, and one of the most dangerous may be their reluctance to seek health care. Men's Health Month is a great time to alert, inspire, and educate men that one of the manliest things they can do is take responsibility for themselves, so they can be there to care for others.

### WHY IS IT IMPORTANT FOR MEN TO PAY ATTENTION TO THEIR HEALTH?

- On average, men live about 5 years less than their female counterparts.
- Men have a higher rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide.
- 1 in 2 men will develop cancer in their lifetime.
- Men make 1/2 as many primary care visits for prevention as women do.

### TIPS TO HELP MANAGE A MAN'S HEALTH (GOOD FOR WOMEN, TOO!)

- **Get good sleep.** Lack of sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year.

### ADDITIONAL INFORMATION:

Visit the Man Up page for health and wellness tips from the "Wheel of Manliness" at <http://foh.hhs.gov/calendar/june.html>.

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- **Toss out tobacco.** It's never too late to quit. Quitting smoking has both immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Visit [www.cisbenefits.org](http://www.cisbenefits.org) for more information on resources to help you quit.
- **Move more.** Adults need at least 2½ hours of moderate-intensity aerobic activity (such as brisk walking) every week, and strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller chunks of time during the day.
- **Eat healthy.** Eat a variety of fruits and vegetables every day. They provide vitamins, minerals, and other natural substances that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks.

### NURSE ADVICE LINES

If you are covered by a CIS medical plan, you have access to a 24/7 Nurse Advice Line. Call anytime for assistance in managing any health condition.

- Regence Advice24: 800.267.6729
- Kaiser Permanente: 503.813.2000; 800.813.2000

### MORE RESOURCES

Take control of your health with information from your CIS Benefits partners.

- Regence Members: [www.myRegence.com](http://www.myRegence.com)>Health News & Features search for Men's Health (login required)
- Kaiser Permanente Members: [www.kp.org](http://www.kp.org)>Health & Wellness >Conditions & Diseases

### WOMEN TAKE CHARGE!

Men's health issues don't just affect men; they have a significant impact on everyone around them. Women are in a unique position to help fight the obstacles men face in getting the health care they need because women typically pay better attention to their health than men.



### HEALTH COACHING

Personalized coaching can help you reach your health goals including tips on men's health.

KAISER PERMANENTE MEMBERS ONLY:  
Call 866.862.4295 (Monday-Friday)

REGENCE OR KAISER PERMANENTE MEMBERS:

Call 888.493.5522 (Monday-Friday)

Coaching via email, Twitter, or phone is provided by WellCall Wellness (partnered with Reliant Behavioral Health EAP).

### Need more help or information?

Check out CIS Benefits website, call 800.922.2684x3825, or email [healthybenefits@cisoregon.org](mailto:healthybenefits@cisoregon.org)

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