



PEO Newsletter

June 2025



June National Health Observance

Men's Health and National Safety Month



June is Men's Health and National Safety Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Men's preventive health tips](#)
- [Heart disease in men](#)
- [Prostate cancer](#)
- [Back pain relief](#)

United at Work Presentation of the Month

Men's Health



Men have specific health recommendations and disease risks. During this presentation, you will learn facts related to men's health, define the leading cause of death among men, and look at risk factors and barriers to men's health. Finally, we will discuss the types of recommended screenings for men. Available to view in [English](#) and [Spanish](#).

Health Tip Flier of the Month

Men's Health



Check out this month's Health Tip Flier on Men's Health. Available in [English](#) and [Spanish](#).

Health actions of the month



- Join a sports league or social club
- Incorporate a dynamic warm up before exercise

July preview

- Summer Safety & Dental Health Awareness Month
- United at Work presentation: Healthier Dental Habits
- Health Tip Flier: Healthier Dental Habits

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Men's Health Questionnaire

Name: _____

Please circle your answers to the following questions.

1. The life expectancy of women in the United States is 81 years, compared to 76 years for men.
 - a. True
 - b. False

2. Over half of men over the age of 20 have high blood pressure.
 - a. True
 - b. False

3. The leading cause of death for males is cancer and the second leading cause of death for males is heart disease.
 - a. True
 - b. False

4. Not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings is a risk factor that can impact the health of men.
 - a. True
 - b. False

5. Risk factors impacting the health of men include which of the following?
 - a. Being overweight
 - b. Lack of exercise
 - c. Tobacco use
 - d. All of the Above





Men's Health Questionnaire

Answers

Name: _____

Please circle your answers to the following questions.

1. The life expectancy of women in the United States is 81 years, compared to 76 years for men.
 - a. **True**
 - b. False

2. Over half of men over the age of 20 have high blood pressure.
 - a. **True**
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3. The leading cause of death for males is cancer and the second leading cause of death for males is heart disease.
 - a. True
 - b. **False**

4. Not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings is a risk factor that can impact the health of men.
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 - a. Being overweight
 - b. Lack of exercise
 - c. Tobacco use
 - d. **All of the Above**





La Salud del Hombre

Cuestionario

Nombre: _____

Por favor, marque la respuesta correcta.

1. La expectativa de vida de las mujeres en los Estados Unidos es de 81 años, comparado a 76 años para los hombres.
 - a. Verdadero
 - b. Falso

2. Más de la mitad de los hombres mayores de 20 años tienen presión arterial alta.
 - a. Verdadero
 - b. Falso

3. La causa principal de muerte entre los hombres es el cáncer y la segunda causa de muerte entre los hombres son las enfermedades cardíacas.
 - a. Verdadero
 - b. Falso

4. No acudir periódicamente a un médico de atención primaria para realizarse controles y hacerse los exámenes de detección adecuados es un factor de riesgo que puede afectar la salud de los hombres.
 - a. Verdadero
 - b. Falso

5. Los factores de riesgo que afectan la salud de los hombres incluye cuáles de los siguientes?
 - a. Tener sobrepeso
 - b. Falta de ejercicio
 - c. El consumo de tabaco
 - d. Todas las anteriores





La Salud del Hombre

Cuestionario- **Respuestas**

Nombre: _____

Por favor, marque la respuesta correcta.

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