



Well-being@Work Newsletter

May 2019

WOMEN'S HEALTH



May is a time of year that we celebrate the women in our lives including Mother's Day (May 12th) as well as National Women's Health Month/Week (May 12th – 18th). This month's newsletter has great articles and information for everyone that is or has special women in their life that they care about!



[Preventive Care Is Key](#)

Regular exams are essential to your health. But, what preventive exams do women need and when? Keep your body and mind in tip-top shape with these preventive reminders.

Looking for a full listing of recommended care? See these [adult health maintenance guidelines](#) for exams for both men and women.

Her Risk, His Risk

Know the symptoms of a heart attack including differences between women and men.



This Month's Challenge: Decades Of Health

This month's challenge is focused on understanding what health and well-being actions you should be focused on during the decade of life you are in. Whether you are a male or female, in your 20s, 60s or somewhere in-between, this challenge is for you!



BUILD EACH OTHER UP

Our choices are often influenced by the people around us. For example, if your partner wants to skip the gym, you might want to follow suit. When it comes to our health, a little support can go a long way!



CHECK UP CHECK-LIST

You've made the appointment to see your health care provider. You've reviewed the instructions on how to prepare for certain tests. You've done the usual paperwork. Done, right? Not quite. Before your next check-up, make sure you do these four things.



MENTAL HEALTH QUIZ

Mental health is an important part of overall health and well-being for men and women. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Take this quiz as a quick gauge for how you are doing with your mental health.

For more health and well-being information, contact your Wellness Champion at your location.

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Date: Mon, 29 Apr 2019 19:50:01 +0000
Subject: May Well-being@Work Newsletter