



Questions or Comments? Contact us:
PEHP Wellness • 801-366-7300 or 855-366-7300
email: healthyutah@pehp.org

FEATURE

Men's Health Month Spotlights the Guys

Let's hear it for the men and boys in our lives during June in honor of [Men's Health month](#). Take action by becoming more aware of the leading health concerns for men such as [prostate cancer](#), cardiovascular disease, [lung cancer](#), depression, and [diabetes](#).

Encourage the men in your life to practice good health habits and receive recommended [annual health screenings](#). You take your car in for an oil change and provide regular maintenance for a well running vehicle. Hasn't your body earned the same courtesy?



PEHP makes it easy for eligible members and spouses to take the

first step towards good health and know their numbers.

Log onto your online personal account at www.pehp.org to schedule an annual testing session with PEHP Healthy Utah and learn about your biometric measures including total cholesterol and HDL, blood glucose, body composition, waist circumference, and blood pressure.

Participate in a testing session and complete an online health survey to earn a \$50 rebate!

– *Your PEHP Wellness Team*



MEN'S HEALTH FACT

[Prostate cancer](#) is very rare in men younger than 40, but the chance of having prostate cancer rises rapidly after age 50. About 6 in 10 cases are found in men over age 65. Learn how to [lower your risk](#).

– *American Cancer Society*


PEHP HEALTHY UTAH WEBINAR


Are You Sleeping?

What: Learn about the importance of sleep, how much you need, and habits that may hinder your ability to get to sleep.

When: Monday, June 1 at Noon

Presenter: Leanne Geigle, Wellness Council Coordinator & Jody Treu, Health & Wellness Coach

Tune in: [Register for upcoming webinar.](#) 

Can't make it? All webinars are archived for future viewing – visit our archive section [here](#). 

CLICK TO NAVIGATE

[MOVE IT](#) [WORKOUT WARRIOR](#) [FOOD FOR THOUGHT](#) [SIMPLIFY YOUR LIFE](#) [WAIST AWEIGH](#) [WEECARE](#) [CALENDAR](#) [NEXT](#) 



MOVE IT

By Jill Bryan

Inactivity & Health Risks for Men

Hearth disease is the leading cause of death for men in the United States. Studies show that being physically inactive increases your risk for heart disease equally to cigarette smoking, high blood pressure, and elevated cholesterol.

Colon cancer is one of the leading causes of cancer death in men. Research shows approximately 80% of cases of colon cancer could be **prevented** through diet and exercise.

Staying active throughout your

life is the single most powerful way to remain healthy and to reduce your risk for heart disease and colon cancer.

Physical activity may reduce your risk for heart disease and colon cancer by as much as 30 to 40%. Get started and simply walk about 30 minutes most days of the week.

Visit this link for ideas on how to include [more physical activities into your daily life](#).



MEN'S HEALTH FACT

Men require more protein, simply because they tend to weigh more. Excess protein can also accelerate calcium loss in urine; therefore, men with a high risk of kidney stones should watch their protein intake. The average daily requirement is calculated based on 0.8 grams of protein per kg of body weight.

– CDC

WORKOUT WARRIOR

83 PARTICIPANTS IN APRIL

The theme of the April Workout Warrior was **Mindful Movement** – 83 Workout Warriors



participated. Lesleigh A. was the random winner of an Amazon gift card. Congratulations Lesleigh!

The theme for June is **Exercise Right & Sleep Tight**.

Sign up for our Workout Warrior monthly challenge [here](#).

Workout Warrior is moderated by PEHP Wellness staff. Workout Warrior is email-based and self-paced. Participants receive useful health information about physical activity. Enroll to be better informed, increase your motivation, and you might even win a prize for participating!

Keep moving!



CLICK TO NAVIGATE

PREVIOUS

MOVE IT

WORKOUT WARRIOR

FOOD FOR THOUGHT

SIMPLIFY YOUR LIFE

WAIST AWEIGH

WEECARE

CALENDAR

NEXT



FOOD FOR THOUGHT

By Maria Givler

NEW! Grocery Store Tours with a Registered Dietitian!

Do you ever feel overwhelmed when grocery shopping? With more than 43,000 products on supermarket shelves, the grocery shopping experience can be daunting.

To help our members choose food products wisely—for health and cost—PEHP Healthy Utah will soon offer grocery store tours. Walk down the aisles of

the grocery store with a Registered Dietitian to learn how to sleuth through product labels and marketing claims. The tour will include:

- » Guidance on selecting quality food products.
- » Resources to take home, practical tips, and guidance.
- » Time and attention from a Registered Dietitian.

MORE DETAILS

Watch for more information in our July newsletter – stay tuned for more details and scheduling opportunities. Note: Locations are limited to the Wasatch front and tours are offered to PEHP members and their spouses.

SIMPLIFY YOUR LIFE

By Tiffany Anderson

Annual Physicals Can Improve Health

In order to feel your best and live a healthy life, your body needs regular maintenance. Our bodies are organic machines, and like any machine, they require ongoing care and occasional repair work.

Take control of your body by learning about your current state of health. Knowledge is power. Increase your 'health smarts' by participating in recommended health screenings such as a yearly physical exam.

Silent health conditions such as high cholesterol, elevated blood pressure, certain [types of cancers](#), and type II diabetes can be detected early at a physical exam and easily



managed. A physical exam is also a time to discuss health improvements such as experiencing better sleep, improving digestion, and learning

how to increase stamina. A Smart Phone requires a recharge – vehicles need oil changes – and tires need replacing after so many miles. Get your [annual physical](#); your body has earned it!



MEN'S HEALTH FACT

When choosing [multi-vitamin supplements](#) it is important to select **gender-appropriate** formulas. High iron stores in men are associated with increased risk of heart attacks. The recommended daily amount is 8 mg for men of all ages.

– CDC

CLICK TO NAVIGATE



PEHP WAIST AWEIGH

By Emily Mecham

Contact us:

PEHP Waist Aweigh • 801-366-7300 or 855-366-7300
email: waistaweigh@pehp.org

Health – Making It Happen

To celebrate Men's Health Month we share comments from men participating in PEHP Waist Aweigh. Hear how they prioritize their health, even with busy responsibilities and schedules.

- » "When you get tired of salads, find healthy lunches out...focus on vegetables for a satisfying lunch."
- » "I stick to a strict workout schedule. I work out on days off and one weeknight to not conflict with work or family activities."
- » "I have accountability from meetings with a weight-loss group and weigh weekly."

» I keep a high-protein snack at work for when everyone else is having doughnuts and bagels."

» "The only secret I have is no secret – its exercise."

» "I take a long Sunday walk. It's a great de-stressor, and you can vary terrain as you explore your neighborhood."

» "Attending weekly meetings with a weight-loss group helps me stay motivated and follow through with my plan. I purchased a pre-paid pass so if I don't go it's like throwing money out the window."



PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.



MEN'S HEALTH FACT



Men can prevent prostate cancer by limiting alcohol, avoiding caffeine, exercising regularly, eating right, watch their weight; avoid smoking, and drink plenty of water.

– Men's Health Network

CLICK TO NAVIGATE



PEHPWEECARE

Contact us:

PEHP WeeCare • 801-366-7400 or 855-366-7400
email: weecare@pehp.org

Expectant Dads Gain Weight Too

When a woman gains weight during pregnancy she isn't alone; fathers-to-be tend to gain weight too. This sympathetic symptom, which may also include queasiness and appetite changes, is known as [Couvade Syndrome](#).

Couvade comes from the French word couver meaning "to hatch". Couvade Syndrome has come to mean that a partner is having a sympathetic or [phantom pregnancy](#) and shares many of the physical experiences associated with pregnancy.

Generally, Couvade begins during the first trimester and ends with the birth of the baby.

Studies have shown that male partners cohabitating with a pregnant woman do experience [hormonal changes](#) during the pregnancy.

Psychological symptoms may arise from worries about becoming a father or envy as the mother's attention shifts to the unborn child.

Whatever the cause, fathers can manage symptoms of Couvade Syndrome by practicing good health habits. Eating a nutritious diet, moderate portion sizes, and stress management can help.

Learn more about Couvade Syndrome [here](#).



PEHP WEECARE

PEHP WeeCare is a pregnancy and postpartum program provided to help expectant mothers have the healthiest and safest pregnancy possible.

LEARN MORE/
ENROLL
HERE



MEN'S HEALTH FACT



Daddy Blues: About 4% to 25% of all new fathers experience depression. Fathers under age 25, unmarried, or with a history of depression have a higher risk of experiencing paternal postpartum depression. Men can find assistance [here](#).

CLICK TO NAVIGATE

PREVIOUS

MOVE IT

WORKOUT WARRIOR

FOOD FOR THOUGHT

SIMPLIFY YOUR LIFE

WAIST AWEIGH

WEECARE

CALENDAR

NEXT



MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

CLICK HERE 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HU TESTING SESSION Vernal	2 HU TESTING SESSION Vernal	3 HU TESTING SESSION Salt Lake City	4	5 HU TESTING SESSION Orem	6
7 Health Tool of the Week: Blueprint for Men's Health D-Day 	8 HU TESTING SESSION Ogden	9 HU TESTING SESSION Tooele	10 HU TESTING SESSION Taylorsville	11	12	13
14 Health Tool of the Week: Prostate Health Guide Flag Day 	15 June 15-21: Wear Blue to Celebrate Men's Health Week HU TESTING SESSION Salt Lake City / Provo	16 HU TESTING SESSION Salt Lake City / Provo	17 Ramadan begins at sundown HU TESTING SESSION Salt Lake City	18 HU TESTING SESSION Salt Lake City	19	20
21 Health Tool of the Week: Fit Men Cook Father's Day Summer Begins 	22 HU TESTING SESSION Salt Lake City	23 HU TESTING SESSION Salt Lake City	24 HU TESTING SESSION Salt Lake City	25 HU TESTING SESSION Salt Lake City	26 HU TESTING SESSION Provo	27
28 Health Tool of the Week: Men: Take Charge of Your Health 	29 HU TESTING SESSION Salt Lake City	30				

CLICK TO NAVIGATE



PREVIOUS

MOVE IT

WORKOUT WARRIOR

FOOD FOR THOUGHT

SIMPLIFY YOUR LIFE

WAIST AWEIGH

WEECARE

CALENDAR