

HEY GUYS!

These health stats may surprise you.



Men are more likely to **skip routine checkups** than women are.

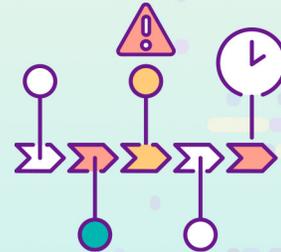


Once they're adults, many men **don't see a doctor** until they're in their 50s or 60s.



Men are **more likely than women** to:

- *Binge-drink*
- *Smoke*
- *Go without health insurance*
- *Take dangerous risks*



Men also tend to die about **5 years sooner** and have more years of bad health.



4 chronic conditions more common in men than in women:

1. *Heart disease*
2. *High blood pressure*
3. *Diabetes*
4. *Cancer*



Men often don't seek help for **mental health** problems.

In the US, men are 3.5 times more likely to die by suicide than women.



Already registered?
Log in now: rewardsforhealthyliving.com

Still need to sign up?
Go to rewardsforhealthyliving.com
and follow the instructions.