

Men: Know Your Numbers



Do the men in your life (or you) delay, hesitate, or avoid seeing a doctor? Knowing where things stand and asking for help are signs of strength.

Problems diagnosed sooner are often easier to treat or manage and often have better outcomes.

Women: Encourage and support the men in your life to see a doctor once a year to get recommended health screenings or shots, or when something feels "off."

Men: Talk about your fears or hesitation with your partner or close friend. And offer to be an accountability partner to a male friend.

