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| June is **Men’s Health Month**, and with **Father’s Day** this weekend, now is a great time for men and their families to talk about men’s health!  WorkWell NYC’s free resources can help men improve their health. Set an example by making healthy choices yourself. **Get Regular Checkups****One in five men in NYC don’t have a personal health care provider - a network of providers is available!**Visit a health care provider for regular checkups to help you stay healthy. Don’t have a personal health care provider? Call the number on the back of your health insurance card or visit your health plan [**website**](http://on.nyc.gov/2FxPhHg) to find one in your network.**Quit Smoking** **One in six men smoke - free counselors and resources to help quit smoking are available!** Use these [**free resources**](http://on.nyc.gov/2FSbwuw) to quit smoking, including the [**HelpMeQuit app**](http://bit.ly/2Gj7Cqo), which you can use anytime on your phone. Some people find that one-on-one support with a coach can help as well—the [**Employee Smoking Cessation Assistance Program (ESCAPE)**](http://on.nyc.gov/2mpwSa6) is available to all employees and their household members. **Seek Support When You Need It** **One in five men binge drink\*\* and men in NYC are four times more likely to die from heroin or fentanyl overdose than women - free worksite and community resources are available!** * The [**New York City Employee Assistance Program (NYC EAP)**](http://on.nyc.gov/2g7JOLH) offers free and confidential resources, support, and referrals to employees and their family members. Contact the EAP at **212-306-7660** or by email at **eap@olr.nyc.gov**.
* [**NYC Well**](http://bit.ly/2JvY9OC) counselors are also available to help 24/7/365. Call **888-NYC-Well**, text **WELL** to **65173** or visit [**nyc.gov/nycwell**](http://bit.ly/2JvY9OC) to chat online.
* Use the **Stop OD NYC app** to learn more about fentanyl and other opioids, and how to save a life with **naloxone**.
* Your health care provider can also offer information and help.

\*\*Binge drinking is defined as five or more drinks on one occasion for men and four or more drinks on one occasion for women in the past 30 days. **Eat Healthy and Stay Active** **Less than 1 in 10 men in NYC eat the recommended five or more servings of fruits and vegetables each day - free recipes and resources are available!*** Check out the [**Guide to Healthy Eating and Active Living in NYC**](http://on.nyc.gov/2hFu56T) to learn how to create healthy eating habits and try one of these healthy [**recipes**](http://on.nyc.gov/2D4ZNIe).
* Learn [**tips on reading food labels**](http://on.nyc.gov/2qY10LZ) and use the [**sodium icon**](http://on.nyc.gov/2D7Hp1g) on chain restaurant menus to find lower-sodium (salt) foods. Men are more likely to exceed the recommended sodium intake than women, increasing their risk for high blood pressure, heart disease and stroke.
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| To learn more about men’s health resources and tips, visit **WorkWell NYC.** |

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| Logo |
| [www.nyc.gov/workwellnyc](http://on.nyc.gov/2AFumj1) | workwell@olr.nyc.gov |