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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**](mailto: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**](mhtml:file://C:\Users\marissa\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\Q9OVJ6FQ\email%20(02B).mht!https://on.nyc.gov/2sOz9MN) to learn more about fentanyl and other opioids, and how to save a life with [**naloxone**](mhtml:file://C:\Users\marissa\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\Q9OVJ6FQ\email%20(02B).mht!https://on.nyc.gov/2xNppXO). * 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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