Celebrate Movember

HealthCheck360

Movember is best known for mustaches, but it's really about raising awareness and encouraging healthier habits. This November, try one (or all!) of these simple ways to support your well-being.

Schedule a Preventive Checkup: Stay up to date on annual exams and recommended screenings.

Know Your Numbers: Learn your blood pressure, cholesterol, blood sugar, and other key health metrics.

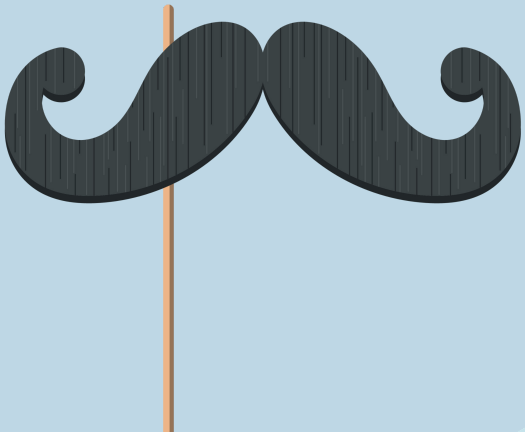
Review Your Family Health History: Knowing your family's health history can help you better understand your own risks.

Make Plans With a Friend: Spending time with friends can support mental health and strengthen your support network.

Movember shines a light on men's health issues, including prostate cancer. Prostate cancer is one of the most common cancers affecting men. Talk with your healthcare provider about your personal risk factors and when screening may be appropriate for you.

Address a Health Issue You've Been Putting Off: Whether it's scheduling an appointment, asking a question, or following up on a concern, take the next step.

Encourage Someone Else to Prioritize Their Health: Encouragement and support can make all the difference.



Grow Awareness, Not Just Facial Hair

This November, grow awareness, start conversations, and take a step toward better health, one small habit at a time.