

JUNE WELLNESS: FOCUS ON SAFETY & MEN'S HEALTH



Two wellness focus areas during the month of June are *Safety* and *Men's Health*.

Here are some resources for these topics:

When should men have a PSA test to check for prostate cancer? Factors such as age, current health status, family history, and knowledge of the pros and cons of PSA testing can help with the decision. To get facts, compare options and take a quiz on your decision, click on this article from Fallon's website:

[Prostate Cancer Screening: Should I Have a PSA Test?](#)

In order to lead and maintain healthy lifestyles, it is important to stay up to date with health screenings.

Click below to reach a link offered through the Harvard Pilgrim website

for a list of recommended health screenings for men:

[Health Screenings for Men Ages 18 - 39](#)

[Health Screenings for Men Ages 40 - 64](#)

[Health Screenings for Men Ages 65 +](#)

Do you know that while it is important to rinse off fruits and vegetables, soap should not be used? Do you know the difference when a label on food indicates "Best If Used By" vs. "Expiration Date"?

Click here to quiz yourself, and to learn the answers to food safety questions on the BCBS website:

[Quiz: What Do You Know About Food Safety?](#)

Children can be taught to stay safe in a variety of ways. Safety precautions such as asking first before petting a dog, or wearing a helmet when biking, can help prevent harm. Social tips such as developing appropriate responses to peer pressure, and knowing the signs of an unhealthy relationship, can also keep children safe.

To review some quick tips tips for child safety, visit Tufts website, www.tuftshealthplan.com.

Click on Health Topics A-Z under Mange Your Health in the right-hand column.

Then put "**Quick Tips: Helping Your Child Stay Safe and Healthy**" into the search engine

to reach the link to the article.