

Men's Health

June is Men's Health Month.

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Observing June as Men's Health Month provides an opportunity for individuals, health care providers, and organizations to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

For additional information about Men's Health Month, go to www.menshealthmonth.org/.

How the company can help you meet your fitness goals:

- **Know Your Numbers Health Screening** – Annual event to qualify for a better tier level of coverage for 2016 and receive a personalized health report. Visit: www.YourGoldenBenefits.com > Wellness
- **Employee Assistance Program (EAP) and WorkLife Services Benefits** – offers unlimited online access to tools and resources related to life, family and relationships; health and well-being; education, work and career; tools and programs. Visit: www.LiveandWorkWell.com (access code: Golden)
- **Golden Perks** – provides discounts and programs for health and wellness, including fitness programs. Visit: www.GoldenPerks.BenefitHub.com