

Men's Health: Tips for Taking Care of Yourself

Make your health a priority! Having good habits today can lead to a longer, healthier life.



1 Get started with your care

- Find a doctor if you don't have one yet.
- Make an appointment.
- Don't wait to be sick to visit your doctor.

2 Schedule annual check-ups

- Go to your doctor every year.
- Your doctor can provide preventive care, treat health problems, and refer you to specialists.

3 Get screenings

- Your doctor will recommend any screenings you need.
- Screenings can detect health issues like high blood pressure, diabetes, high cholesterol, and cancer.

4 Get your shots

- Stay up to date with routine vaccines.
- Vaccinations help protect you from flu, COVID-19, shingles, pneumonia, Hepatitis B, or other diseases.

5 Manage chronic conditions

- If you have a chronic condition like asthma, diabetes, or high blood pressure, talk with your doctor about a care plan.
- Learn about treatment options, medications, and healthy habits.
- Take a health class to learn more.



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6 Take your medications

- Take medications as prescribed.
- Talk to your doctor about any side effects.
- Ask your doctor or pharmacist if you have questions.
- Make sure all your doctors know which medications you are taking.



7 Prioritize mental health

- Being healthy means taking care of your mental health, too.
- If you feel stressed, anxious, depressed, or have any other mental health concerns, talk to your doctor about support and treatment options.

8 Get moving

- Staying active can help manage your weight and lower your risk for certain health problems.
- Talk to your doctor about what kind of exercise is best for you.

9 Eat healthy

- Eating healthy can help you live longer and healthier.
- Ask your doctor if a referral to a registered dietitian is right for you.

10 Quit risky habits

- Talk to your doctor about quitting smoking, drinking, or using drugs.
- There are treatments to help you quit.

24/7 Advice Line Nurse: **1-877-431-1700 (TTY 711)**



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To learn more about your health plan benefits, call Member Services at **1-888-301-1228**, 8 a.m. to 8 p.m. seven days a week from Oct. 1 through March 31, and 8 a.m. to 8 p.m. Monday through Friday from April 1 through Sept. 30 (except holidays). If you use a TTY, call **711**. Visit GCHP's website at www.goldcoasthealthplan.org.

For information about language assistance services and GCHP's nondiscrimination notice, visit www.goldcoasthealthplan.org/for-members/nondiscrimination-notice.