

A monthly wellness newsletter from Better You

Men's health: a proactive approach

Life can get crazy! Between work, family, friends, and activities, it's easy to get overwhelmed and forget to take care of yourself. But taking care of your health is important. By making self-care a priority, you can feel happier, healthier, and more balanced.

What does self-care look like for men?

It means finding and establishing a relationship with your doctor(s) and scheduling regular checkups and screenings. This helps you and your doctor catch potential issues early, so you can take proactive steps to stay healthy. Along with regular visits, everyday habits like sleep, physical activity, and healthy eating may reduce your risk for heart disease, diabetes, and other health issues.

Here are some tips to help you on your journey:

- **Know your health risks.** Understand your personal risk areas for long-term conditions like cardiovascular disease and diabetes. Make a plan to improve the areas you can work on.
- **Eat whole foods and avoid highly processed ones.** Incorporate things like pomegranate juice, tomato products (full of lycopene), green tea, omega-3 rich fish (wild salmon, trout, and mackerel), berries, vegetables like broccoli, Brussels sprouts, collard greens, and cabbage.
- **Pay attention to your mental health.** Take care of your mental well-being without letting stigma or hesitation hold you back. Prioritize positive behaviors like adequate sleep, hydration, eating nutritious foods, and having healthy relationships. And reach out to a specialist for support if you need to.



Set an intention today. Build a relationship with your doctor, create a personal health plan, and support your mental and physical well-being.

Want to know more?

[Join us](#) for Ask the Dietitian: Nutrition for Men on June 3, 2026, at 1:00 p.m. ET, and [Men: It's Time for Your Tune-Up](#) on June 9, 2026, at 1:00 p.m. ET. You can also check out information about men's health on [BlueAnswers](#) anytime.

Resources: [Health.clevelandclinic.org](https://www.health.clevelandclinic.org); [Newsroom.clevelandclinic.org](https://www.newsroom.clevelandclinic.org)

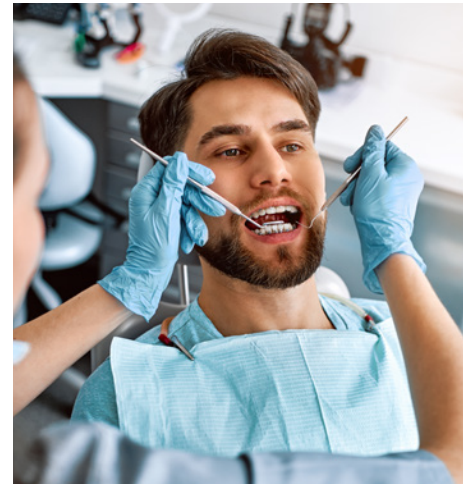
Straight from the dentist's chair: oral health 101

Dentists see this pattern every day—men tend to wait to see them until something hurts. But pain is a late sign of disease. In fact, **only about 36% of males with a Florida Blue dental plan have been to the dentist in the past year** - roughly 27% lower than the national average.¹ This gap suggests many may have dental or gum disease developing quietly, without any obvious symptoms. Gum disease often progresses silently, but it creates chronic inflammation in the body. We now know that inflammation doesn't stay in the mouth—it's associated with conditions like heart disease, diabetes, and stroke. What's happening in your gums can absolutely affect what's happening in the rest of your body.

And dentists hear this all the

time: *"I hate going to the dentist—every time I go, they find something wrong and it costs a fortune."* Here's the reality—the cost isn't caused by the dental visit; it's caused by the delay. When preventive care is skipped, small, manageable issues turn into major repairs. Regular dental cleanings and exams are not just about teeth—they help identify early signs of infection, inflammation, and even changes related to chronic medical conditions. **Seeing your dentist regularly is part of taking care of your heart, your blood sugar, and your long term health—not just your smile.**

If it's been more than six months since your last dental visit—or you can't remember when you last went—this is your sign. Don't wait until



pain, infection, or a medical complication forces the issue. Use your dental benefit and go to the dentist now. <https://floridabluedental.com/members/find-a-dentist>.

Preventive care protects your health, your time, and your wallet—and it's one of the simplest steps you can take today to support your overall well being.

Resource: [KFF.org](https://www.kff.org)¹

Chickpea, Beet & Cucumber Salad (Serves 6)

Ingredients:

- ¼ cup finely chopped shallot
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons cider vinegar
- 1 medium clove garlic, grated
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 cups diced cooked beets
- 1 (15-ounce) can no-salt-added chickpeas, rinsed

- 1½ cups coarsely chopped baby kale or arugula
- 1 cup diced cucumber
- ¾ cup cooked farro
- ⅓ cup chopped fresh dill

Directions:

Whisk ¼ cup shallot, 3 tablespoons oil, 3 tablespoons vinegar, the grated garlic, ½ teaspoon salt and ¼ teaspoon pepper together in a large bowl.



Add 2 cups beets, the rinsed chickpeas, 1½ cups kale (or arugula), 1 cup cucumber, ¾ cup farro and ⅓ cup dill; toss to coat.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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