



June 2024 Newsletter

## Bridge the Men's Health Gap!

Men, June is all about you! Father's Day is on the 16th and all of June is dedicated to [Men's Health Month](#). The focus is important because the gap in life expectancy between American men and women is now the biggest it has been since the mid-1990s -- almost 6 years, a big jump since a low of 4.8 years in 2010. While the pandemic and opioid overdoses were key factors in the gender difference in longevity, men have been dying at higher rates from [the top 10 causes of death](#). They also have a suicide rate that is almost four times higher than that of women and are the victims of more than 90% of workplace deaths.

The [Men's Health Resource Center](#) says that the life expectancy gap is partly because, "men are more likely to go long periods of time without going to the doctor, they're less likely to adopt preventive health measures, and are more likely to engage in risky behaviors." A recent U.S. survey found that 33% of men do not feel the need for yearly health screenings. Yet preventative screenings are the most effective way to reduce the risk of

developing a chronic disease. Depending on age and medical history, screenings might include checking for certain types of cancer; high blood pressure; high cholesterol; diabetes; sexually transmitted diseases (STDs); and mental health conditions, such as depression and PTSD.

Men, take steps today to prevent chronic illnesses and close the longevity gender gap! Women, encourage the men in your lives to get annual checkups and screenings.

Here are a few resources to help:

- **Get screened:** [9 Essential Screenings for Men](#)
- **Get one-to-one professional coaching** through your EAP: Get help for stress management, nutrition, and fitness. **Call 800.252.4555**
- **Don't forget mental health.** Call **800.252.4555** for in-the-moment counseling help from your EAP.
- **Log in to your EAP Self-Help Resource Center** for health screenings, health info, and more.

## It's All About Respect...

For LGBTQ+ Pride Month in the workplace, we suggest a theme of "Respect." Respect in the workplace is especially important because it builds trust, support, and community, ensuring everyone can work together to support workplace goals. Log in to your EAP to check out "[Building a Respectful Workplace](#)."

## Featured Webinar for June



### Procrastination: Getting & Staying Motivated

Sometimes a little procrastination is fine - normal, even. But sometimes we get stuck. This seminar will discuss the causes of and solutions to our procrastination patterns and ways to get motivated.

Simply log in to [HigherEdEAP.com](#) during June to view the webinar at your convenience and explore related resources.



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## Summer Safety

With summer beginning on June 20, it's not too soon to prep for outdoor summer safety. See our blog post [Summer wellness and safety in the great outdoors](#). It's a tool kit with resources and tips on everything from sun and heat protection to water, boat, and bike safety.

## June Training Suggestions

Through your EAP, you have thousands of training videos at your fingertips. Simply click on "Member Login" at [www.HigherEdEAP.com](http://www.HigherEdEAP.com), sign in, and click on the comprehensive training library in the "Training Center."

- **NEW! Time Management: Lifelong Planning | Course ID: SVL\_1022391**  
This 7-minute video offers a process to help align your long-term personal goals with your weekly priorities, as well as tips for organizing and executing plans.
- **What is Diversity, Equity, Inclusion, and Belonging (DEIB)? | Course ID: SVL\_1021988**  
Learn about each term, the importance of updating the language we use to talk about diversity, and what unconscious biases are in this 7-minute video.
- **Celebrating Juneteenth: A Step Towards Inclusion | Course ID: SVL\_1022092**  
This 7-minute video lesson teaches about the meaning of June 19th, 1865, and the importance of Juneteenth as a national holiday.

## More Key June Dates

- [PTSD Awareness Month](#)
- [LGBTQ+ Pride Month](#)
- [Alzheimer's & Brain Awareness Month](#)
- [National Cancer Survivor Month](#)
- 6/5 – [World Environment Day](#)
- 6/8 – [Family Health & Fitness Day](#)
- 6/14 – [World Blood Donor Day](#)
- 6/19 – [Juneteenth](#)
- 6/27 – [National HIV Testing Day](#)

## Learn More!



Scan the QR code with your device or smart phone to explore more of your employee benefits!



### How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

### Accessing Your EAP Training Center

1. Go to [www.HigherEdEAP.com](http://www.HigherEdEAP.com) and click the **Member Login** button.
2. If you've already created an account, log in with your Username/Password.
3. If it's your first time, click **REGISTER** to create your Username and Password. **You only need to register once.**
4. Click the **Training Center** and then choose **Comprehensive Training Library**.
5. In the Search bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon and click the **Play** or **Start** button to begin.

**To get a certificate:** View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.



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