



bring it home

Guys, when it comes to your health, be a team player.

Whether you're a single man or a busy dad, you play an important part in the lives of those around you. So take care of the basics to stay on top of your game. Preventive screenings, like annual eye exams, can reveal health issues before they become big problems. Here are more ways to help you run the bases:

Hop on pop.

Ask about your family's medical history to get an idea of the illnesses or conditions you might face.

Mind your spirit.

Tending to your mental and emotional health is just as important to your well-being as diet and exercise.

Because you're #1.

Consider getting screened for prostate cancer, the second leading cause of cancer deaths among American men.

[learn more](#)

Visit kp.org/menshealth for some more guy stuff.

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