

November Toolkit Blurbs:

Join Our Men's Health Master Class Series this Movember

Recognizing Men's Health Month this November, we invite you to our three-part **Men's Health Master Class** featuring medical professionals covering essential health topics for men.

Each session offers expert insight and practical advice to help you take control of your well-being.

- **Week 1 (Nov. 7)** [Preventive Health 101](#): Get an overview of key screenings, exams and lifestyle habits to stay proactive about your health.
- **Week 2 (Nov. 14)**: [Mental Health, Stress and Accidental Injury](#): Learn strategies for managing stress, improving mental well-being and preventing common injuries.
- **Week 3 (Nov. 21)**: [Heart Healthy Men](#): Discover the critical heart health numbers every man should know and available resources for better heart care.

All sessions held via MS Teams from 10-11 a.m. CT. Don't miss this opportunity to prioritize your health this Movember!

Join Our Benefit Highlight Sessions

Discover how you can access great care right from your smartphone or computer with our **Benefit Highlight** sessions. In just 30 minutes, you'll learn about three powerful programs designed to support your well-being:

- [Hello Heart](#) (Nov. 6): Monitor and manage your heart health.
- [Learn to Live](#) (Nov. 13): Access expert guidance for managing stress, anxiety and mental health.
- [Hinge Health](#) (Nov. 20): Get personalized care for chronic pain and musculoskeletal issues.

These quick sessions will show you how to use these innovative tools to improve your health, all through technology you already have!