

## HEALTH TIPS

# Men's Health

Different supports and habits to keep the body and mind healthy and thriving.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.



## Support Services

### Alcohol and Substance Use

If you are a Health First Colorado (Colorado's Medicaid Program) member, you can receive help if you have an alcohol or substance use concern. You can talk with your Primary Care Medical Provider (PCMP), care coordinator, or other health care provider to ask for help.

### Smoking Support

It's hard to quit - whether it's cigarettes, chew or use other types of tobacco. Health First Colorado benefit can help members. Call 1-800-QUITNOW (1-800-784-8669), visit [coquitline.org](http://coquitline.org) or ask your provider for a referral.

## Healthy Habits

### Regular Exercise

Exercise can improve overall health, especially heart health. To make exercise a habit, choose a fun activity.

- At least 150 minutes a week of moderate-intensity activity such as brisk walking
- At least 2 days a week of activities that strengthen muscles

### Mindful Eating

Eating mindful, or healthy, improves cholesterol, blood-pressure, weight and overall well-being. To do so,

- Limit unhealthy fats, sugar and salt
- Eat more fiber
- Talk with a doctor as needed

### Stress Management

Managing stress can help in all areas of life.

- At least 8 hours of sleep each night
- Limit coffee, soda, and alcohol
- Avoid tobacco and illegal drugs

## CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.