

# Men's health for employers

The stats on men's health tell a striking story. Around 20% of men die before they retire, and suicide is the most common cause of death for men under 50.

Thankfully, many men's health issues can be treated effectively if caught early, and a supportive workplace culture can empower employees to get the support they need. These simple tips can help you get a head start on men's health at work.



## Encourage employees to prioritise their health

Men of working age may struggle to fit a doctor's visit into their busy schedules. In fact, men aged 20 – 40 visit their GP half as often as women the same age. HR teams can encourage people to take charge of their health by sending regular reminders about any employee assistance schemes and policies around time off for medical appointments.



## Organise an employee health check day

Confidential health screening in the workplace makes it easy for employees to check up on their wellbeing without the hassle of planning an appointment. Free health checks can encourage your people to engage with their wellbeing and make informed lifestyle decisions.



## Get comfortable discussing mental health

While the stigma around mental health is starting to decrease, it can still be difficult to start the conversation. Building an open workplace culture will help normalise mental health discussion and allow managers to offer assistance. Mental Health First Aid training is another great way to give your people the confidence to support each other.



## Take a whole-of-life approach to wellbeing

A healthy workforce starts at home, and employers can empower people to stay healthy in all aspects of their lives. Benefits such as gym discounts, a cycle-to-work scheme, webinars or coaching sessions can help employees stay on track with their goals both in and out of work.