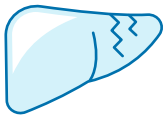


Men have increased health risks

Make sure they are protected

When you think of men's health, you might think of things like prostate cancer, which strikes nearly 250,000 men each year.¹ But in truth, men's health extends to all parts of their bodies, to include mental well-being.

When it comes to physical health, men:



Are more likely to have chronic illnesses such as liver disease.²



Are twice as likely to have hearing loss between ages 20-69.³



Live five years less on average.⁴

When it comes to behavior, men:



Are less likely to have health insurance.⁷



Are more likely to smoke or binge drink.^{5,6}



Two-thirds say they avoid going to the doctor for as long as possible.⁸

Aflac coverage that pays cash benefits for wellness exams can help men stay on top of their health. Contact your Aflac benefits advisor or visit [Aflac.com/business](https://www.aflac.com/business) to learn more.

¹American Cancer Society. "Key Statistics for Prostate Cancer." Revised 1.12.2021. Accessed 4.18.2022.

²IHME. "Men Twice as Likely as Women to Die of Liver Cirrhosis." Published 1.22.2020. Accessed 4.18.2022.

³National Institute on Deafness and Other Communication Disorders. "Quick Statistics About Hearing." Last updated 3.25.2021. Accessed 4.18.2022.

⁴Centers for Disease Control and Prevention. "Provisional Life Expectancy Estimates for January Through June, 2020." Published February 2021. Accessed 4.18.2022.

⁵National Institute on Drug Abuse. "Are There Gender Differences in Tobacco Smoking?" Published January 2020. Accessed 4.18.2022.

⁶Centers for Disease Control and Prevention. "Excessive Alcohol Use Is a Risk to Men's Health." Last reviewed 10.23.2020. Accessed 4.18.2022.

⁷Kaiser Family Foundation. "Women's Health Insurance Coverage." Published 1.12.2021. Accessed 4.18.2022.

⁸WMAR-2 News. "Men's Health Month: Why most men avoid doctor visits." Updated 6.28.2021.

Content within this article is for informational purposes and does not constitute legal, tax or accounting advice regarding any specific situation. Aflac cannot anticipate all the facts that a particular employer will have to consider in their benefits decision-making process. For complete details, including availability and costs of Aflac supplemental insurance, please contact your local Aflac benefits advisor.