

So what's your score?

71 - 90

IS IT TIME FOR A CHANGE? Call your local healthcare professional today and book an appointment for a full men's health check. Find out about your health risks and what changes you can make to your lifestyle to lower the risk of illness. Take this survey with you to assist with your discussion and testing.

46 - 70

KEEP YOUR HEALTH IN THE FOREFRONT OF YOUR MIND. It is important that you book in for your annual men's health check and discuss all age appropriate health risks with your local healthcare professional. Men's Health Week is a great time to start being proactive with your health.

18 - 45

WELL DONE - you are making the right healthy lifestyle choices and keeping in control of your health. Make sure you maintain a good relationship with your local healthcare professional and have an annual check-up. Why not make Men's Health Week the time you have your annual visit to your local healthcare professional?

- No matter what you scored, Men's Health Week is a great reason to go for your annual men's health check with your local healthcare professional.
- Don't forget to bring along this survey so that you can cover everything off.

Malakai Fekitoa
Rugby Player



2017 Men's Health Week partners



12-18 JUNE

men's health week

TE WIKI HAUORA TĀNE 2017

Dr Lance O'Sullivan
Former New Zealander of the Year

Chris Jack
Registered Master Builder

Sam Wallace
Media Personality



www.menshealthweek.co.nz

www.menshealthweek.co.nz

PREVENTION IS BETTER THAN A CURE

- Every 3 hours, one New Zealand male dies of a **preventable** illness like heart disease. This has got to change and the good news is that you can change it.
- So **challenge your mates** this Men's Health Week (MHW) to get proactive and compete for the best health score.
- It's simple, quick and free online at www.menshealthweek.co.nz
- Don't underestimate the impact of stress has on your health. Consider **health insurance** to take the pressure off you and the people who depend on you.
- Prevention is better than a cure. Don't wait if something is bothering you. See a health professional immediately and see your doctor for a men's health check annually.



David Bullen
Pharmacist

SMALL LIFESTYLE CHANGES MAKE A BIG DIFFERENCE

- Even if you are working in a physical job or doing lots of exercise, starting your day with a pie from the local garage won't help your health in the long term.
- Small lifestyle changes can make a big difference to your health risks.
- Healthy eating and 30 minutes of daily exercise can help prevent some cancers, type 2 diabetes and improve heart health.
- Reducing portion sizes, fats, salt, sugar and alcohol will have a positive impact on your overall health.
- Make a change now and see how much better you feel.

HEART DISEASE IS NEW ZEALAND'S BIGGEST KILLER



EVERY 90 MINUTES A NEW ZEALANDER DIES OF HEART DISEASE

1 IN 20 ADULTS LIVE WITH HEART DISEASE



Cardiovascular disease is the leading cause of death in New Zealand and includes heart, stroke and blood vessel disease. For more information about heart disease visit: www.heartfoundation.org.nz

Greg says... **Waiting could cost you the race...**
GET YOURSELF A FREE MEN'S HEALTH PIT STOP CHECK IN JUNE

- Just like your car needs regular servicing, our bodies need an annual warrant of fitness.
- Stop by a participating Unichem or Life Pharmacy this June for a FREE Men's Health Pit Stop Check.
- Take your completed survey score card so you can discuss the best options for you.
- Get your free blood pressure test while you're there.



Greg Murphy
Racecar Driver

Find your nearest Life or Unichem Pharmacy at www.greencrosshealth.co.nz

accuro WHAT'S YOUR SCORE

| QUESTIONS | 1pt | 3pt | 5pt | Score |
|--|----------|------------|-----|---------------|
| How old are you? | Under 35 | 35 - 50 | 51+ | |
| Have you had your blood pressure checked in the last 6 months? | Yes | | No | |
| Have you had your cholesterol checked in the last year? | Yes | | No | |
| Have you had your blood sugar checked in the last year? | Yes | | No | |
| Have you spoken to your doctor about your prostate? | Yes | | No | |
| Do you deliberately limit the amount of fats in your diet? | Yes | Most times | No | |
| Have you spoken to your doctor about your bowel cancer risk? | Yes | | No | |
| Are you happy in general, and not too stressed? | Yes | Most times | No | |
| Are you a non-smoker? | Yes | | No | |
| Do you have a partner, close friend or relative who is there for you in tough times? | Yes | Most times | No | |
| On average, would you do 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 days a week)? | Yes | Most times | No | |
| Do you have at least 3 alcohol free days per week? | Yes | Most times | No | |
| Do you eat 5 or more serves of fruit and vegetables per day? | Yes | Most times | No | |
| Have you had your skin checked in the last year? | Yes | | No | |
| Have you ever been for a general men's health check-up when you're not sick? | Yes | | No | |
| Have either of your parents, or any of your brothers and sisters been diagnosed with a heart disease? | No | | Yes | |
| Do you regularly check your testicles for lumps or other abnormalities? | Yes | | No | |
| Do you feel okay about getting help when you feel down or blue? | Yes | Maybe | No | |
| Do you have health insurance? | Yes | | No | (non-scoring) |

Health is the biggest asset guys like us have. Staying healthy means you can perform at your best.
Chris Jack, rugby legend and Registered Master Builder