

The Man WoF with Scotty Morrison

Inspecting Organisations



AA Health Insurance has teamed up with our good friends at Men's Health Week and with broadcaster, Te Reo Māori guru and ambassador Scotty Morrison, to construct the 'Man WoF'. Think of it as a 'check-list of tune-ups' to service both body and mind and the chance to have a kōrero around these things. As little steps can, and will, make a big difference.

Make Scotty Model Morrison Reg # WHW101
 Year 1970 Odometer 51,000 Membership # 1319062022

A 4301518

Diabetes

Visiting a health professional is a great way to assess your risk of diabetes. There are many small ways to reduce risk.

Let's talk about what you can change:

Weight Exercise & Diet Smoking

FACT Māori are three times as likely to have type 2 diabetes as non-Māori, and are more likely to develop complications*

Take the Diabetes Quiz

Mental Health

Men are getting better and better at talking about and understanding mental health issues.

Let's talk about:

Depression Anxiety Suicide Prevention

FACT 1 in 8 New Zealand men will experience serious depression during their lifetime.

Take the Mental Health Quiz

Heart & stroke

Cardiovascular diseases are the main cause of death, followed by strokes.

Let's talk about:

Coronary Artery disease (CAD) Risk Factors
 What the signs are Getting a check

FACT Heart disease accounts for one third of deaths in NZ each year.

Take the Heart & Stroke Quiz

Melanoma

New Zealand has the highest melanoma death rate in the world. Heavy tunes.

Let's talk about:

Slipping, stopping, slapping & wrapping.
 Being vigilant about changes in your skin.

FACT Every day one New Zealander dies from melanoma. Nearly 60% of these will be men.

Take the Skin Quiz

Blood pressure

High blood pressure can lead to strokes, heart attacks, heart and kidney failure.

Let's talk about:

Having your blood pressure checked at least once a year by a healthcare provider.
 Making the right lifestyle choices.

FACT Hypertension occurs when there's too much pressure in your blood vessels. It's like having too much air in your tires!

Prostate

Prostate cancer is the most commonly diagnosed cancer among New Zealand men.

Let's talk about:

How it does not produce any symptoms until the condition is quite advanced.
 How to go about getting tested.

FACT Every year more than 4000 men are diagnosed and over 700 die from the disease.

Take the Prostate Quiz

Preventative health

Easy steps to take control of our health.

Let's talk about:

Getting proactive around your health.
 Taking preventative action to reduce danger of major health risks.
 Small steps can lead to big changes.

FACT There are on average 40 new diabetes diagnoses in New Zealand every day.

Take the Gut Quiz

Testicular cancer

Have you got the balls?

Let's talk about:

Knowing your own body and if you notice any lumps or changes see your doctor.
 How, if diagnosed early, it has the highest rate of cure of all cancers.

FACT Testicular cancer is the most common cancer affecting men between the ages of 15 to 35.

What's up doc?

Worried how long it has been since you last saw the doctor? Don't be. Now is the time.

Let's talk about:

Booking it in *now*.
 Getting a check up every year - just like your car!

FUN FACT Going to the doctor costs about the same as getting a WOF on your car!

Exercise

How to start exercising if you're out of shape.

Let's talk about:

Getting motivated.
 Finding the time and the resources.
 How diet can help.

What's your score?

Take the Men's Health Week What's your Score? survey and get your health score.

WHAT'S YOUR SCORE?

* Source – (Ministry of Health 2014a). Diabetes Quality Care Standards Toolkit. Wellington: Ministry of Health.

All facts above are taken from the Men's Health Week website.

A 4301518

(P)	(F)	= Pass
(P)	(F)	= Fail
(P)	(F)	= Not Applicable