



BROTHER²BROTHER

For too many of us, it takes a sudden wake-up call — in the form of a health crisis — to make us realize that we're not invincible.

A lot of us don't talk about our health until something goes wrong. But times are changing and we can change too. The availability of new, affordable health care coverage can invest not only in your own health, but in the health of our families and communities. Let's start talking with each other about our health, **BROTHER²BROTHER**.

HERE ARE 3 QUESTIONS YOU CAN ASK YOURSELF AND THE MEN IN YOUR LIFE TO GET THE CONVERSATION STARTED.

1. When was your most recent doctor's visit?
What was it like?
2. What is the best reason you have to care about your health and to be healthy?
3. What can you do today to start living a healthier life?

You have the power to take health care into your own hands.

To learn about how to get affordable health care coverage, visit www.HealthCare.gov. Together, let's create a brighter and healthier future for us all— **BROTHER²BROTHER**.

[HealthCare.gov](http://www.HealthCare.gov)



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5 THINGS EVERY MAN NEEDS TO KNOW ABOUT STAYING HEALTHY

Don't eat your heart out.

Heart disease is the number 1 killer of men. Eating right is one way to fight back, so make half your plate fruits and veggies.



Get fit.

Men live 5 years less than women on average. Just 2½ hours of exercise each week may help you live longer.



Play it safe.

Each year, injuries land 1 in 7 men ages 18 to 45 in the ER. Be careful on the playing field, at work, and on the road—and make sure you have health insurance for when you do trip up.



Team up with your doc.

Men are 24% less likely than women to have seen their doc in the past year. Get the checkups and shots you need to live longer and stronger.



Don't sweat the costs.

Men with health insurance can get flu shots, blood pressure screenings, and stop-smoking programs at no extra cost. To learn more about how to get affordable health coverage, visit HealthCare.gov.

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