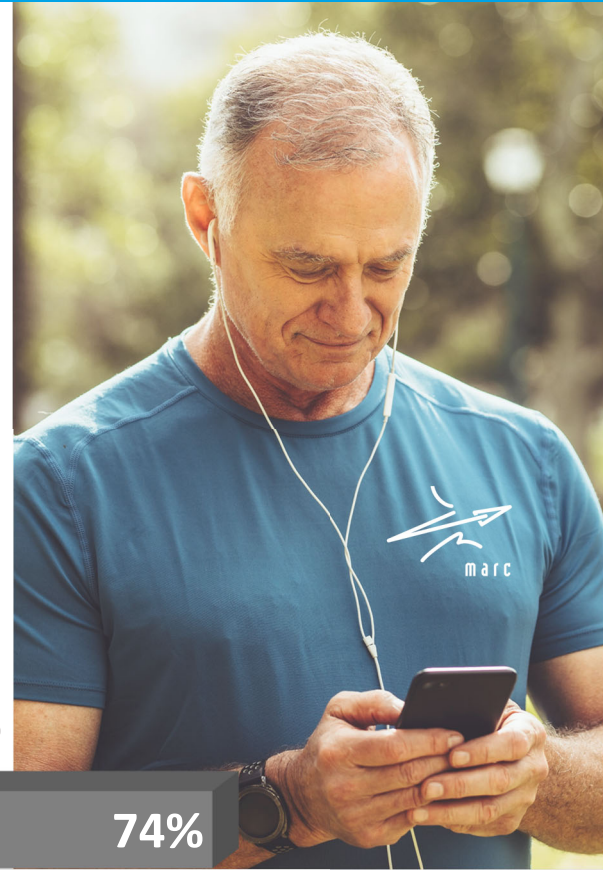




On the M/A/R/C®

Bringing health into focus

In advance of **Men's Health Month** in June, M/A/R/C® Research surveyed 500 U.S. men on their health and well-being and found nearly **60%** rate their health as “very good to excellent,” with another **30%** describing it as “good.”



Consider themselves partners with healthcare providers **63%**



Agree technology plays role in managing health **66%**



Think it is worth staying fit for discounts on insurance **68%**



Take a proactive approach to health and well-being **74%**

An active lifestyle and proactive approach combine to support a favorable view of their own health and well-being.

6 in 10 men report feeling:

Fresh, rested upon waking

Cheerful, in good spirits

Calm and relaxed

The majority are already embracing healthier lifestyles, and **62%** expect their health to improve even more post pandemic.

Men's Health Month raises awareness about healthcare for men, and encourages boys, men, and their families to practice and implement healthy living decisions, such as exercise and healthy eating habits.

We'd love to share more!

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