



# HPW Men's Health Month

## Social Media Messages to Share




Below are eight ready-to-use social media messages developed for Facebook, Twitter, and Pinterest in support of Men's Health Month. Coordinate with your Public Affairs Office or local POC for social media to use these in your available communications channels.

### Recommended Use Instructions:


- Select two messages from the list below to send out each week during Men's Health Month.
- Copy and paste the message to post on Facebook, Twitter, or Pinterest or send to your social media POC for posting. Use your organization's preferred link shortening site if necessary.

### Messaging



#### Post 1:

-  June is Men's Health Month! Check back all month long for tips on healthy living habits and preventive health info for our male Sailors and Marines! #MensHealth  
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-june.aspx>
-  It's #MensHealth month! Let's celebrate our male Sailors and Marines with tips for healthy living! <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-june.aspx>
-  June is Men's Health Month! Check back all month long for tips on healthy living habits and preventive health info for our male Sailors and Marines! #MensHealth  
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-june.aspx>




#### Post 2:

-  Hey guys, have you scheduled your annual checkup yet? Often, when an illness or injury occurs, Sailors and Marines "suck it up" and may avoid seeing a doc or not bring it up when they do. Don't be afraid to talk to your doctor about your health. Need a few tips? These can help! #MensHealth  
[http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW\\_factsheet\\_TalkDoctor.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_factsheet_TalkDoctor.pdf)






-  Have you seen your doc this year? Don't forget your annual checkup! #MensHealth [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW\\_factsheet\\_TalkDoctor.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_factsheet_TalkDoctor.pdf)
-  Hey guys, have you scheduled your annual checkup yet? Often, when an illness or injury occurs, Sailors and Marines “suck it up” and may avoid seeing a doc or not bring it up when they do. Don't be afraid to talk to your doctor about your health. Need a few tips? These can help! #MensHealth [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW\\_factsheet\\_TalkDoctor.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_factsheet_TalkDoctor.pdf)

### Post 3:




-  The characters in video games get hurt and bounce back in seconds. In real-life, the choices you make can affect your health for life. That's why it's important to invest in your health and your future! Learn more on why your health isn't a game! #MensHealth [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/MensHealth\\_InvestinginFutureInfographic.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/MensHealth_InvestinginFutureInfographic.pdf)
-  Life is not a game. Make healthy choices for a long life! #MensHealth [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/MensHealth\\_InvestinginFutureInfographic.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/MensHealth_InvestinginFutureInfographic.pdf)
-  The characters in video games get hurt and bounce back in seconds. In real-life, the choices you make can affect your health for life. That's why it's important to invest in your health and your future! Learn more on why your health isn't a game! #MensHealth [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/MensHealth\\_InvestinginFutureInfographic.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/MensHealth_InvestinginFutureInfographic.pdf)

### Post 4:




-  Most prostate cancers grow slowly and don't cause any health problems in men who have them. It's important to talk to your doctor about your risk! #MensHealth [https://www.cdc.gov/cancer/prostate/basic\\_info/screening.htm](https://www.cdc.gov/cancer/prostate/basic_info/screening.htm)
-  Most prostate cancers grow slowly. Talk to your doctor about your risk! [https://www.cdc.gov/cancer/prostate/basic\\_info/screening.htm](https://www.cdc.gov/cancer/prostate/basic_info/screening.htm)
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### Post 5:

-  Half of the men who die suddenly of coronary heart disease have no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease. For more information, please click here! #MensHealth  
[https://www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_men\\_heart.htm](https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_men_heart.htm)
-  Even if you have no symptoms of coronary heart disease, you might still be at risk for heart disease.  
[https://www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_men\\_heart.htm](https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_men_heart.htm)
-  Half of the men who die suddenly of coronary heart disease have no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease. For more information, please click here! #MensHealth  
[https://www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_men\\_heart.htm](https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_men_heart.htm)

### Post 6:




-  You know your body better than anyone else. Always tell your nurse or doctor about any changes in your health! #MensHealthMonth  
[https://health.mil/~media/MHS/Infographics/MHM\\_grph0301.ashx](https://health.mil/~media/MHS/Infographics/MHM_grph0301.ashx)
-  Always tell your nurse or doctor about any changes in your health! #MensHealthMonth  
[https://health.mil/~media/MHS/Infographics/MHM\\_grph0301.ashx](https://health.mil/~media/MHS/Infographics/MHM_grph0301.ashx)
-  You know your body better than anyone else. Always tell your nurse or doctor about any changes in your health! #MensHealthMonth  
[https://health.mil/~media/MHS/Infographics/MHM\\_grph0301.ashx](https://health.mil/~media/MHS/Infographics/MHM_grph0301.ashx)

### Post 7:

-  Sexual health not only involves disease prevention, it also involves proper function. Sexual function can be altered by behaviors such as smoking. Make your sexual health a priority and quit smoking today!  
<http://navymedicine.navylive.dodlive.mil/archives/8996>
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<http://navymedicine.navylive.dodlive.mil/archives/8996>



## Post 8:

-  Men are more likely than women to carry their extra weight around their stomach. Physical activity helps to improve your weight and your overall health! #MensHealth [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Obesity\\_Infographic.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Obesity_Infographic.pdf)
-  Did you know? Men are more likely than women to carry their extra weight around their stomach. #MensHealth [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Obesity\\_Infographic.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Obesity_Infographic.pdf)
-  Men are more likely than women to carry their extra weight around their stomach. Physical activity helps to improve your weight and your overall health! #MensHealth [http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Obesity\\_Infographic.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Obesity_Infographic.pdf)