

# Men's health, it's time to raise your game

7 steps to transform men's health in your workplace

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## Ask them!



- The first step to improving men's health in your organisation is to find out what they're facing and what they'd like to see more of.
- Use our [free men's health survey](#) to ask your male colleagues what extra guidance and support would benefit them.

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## Show them what they're missing



- Remind your employees what benefits are available – many are simply not aware, and it's up to you to make them clear.  
This has been made worse by working remotely and increased isolation and loneliness.
- Signpost tests and checks to your male employees, like checking their testicles and the "midlife MOT" (free on the NHS for men age 40+).  
As a bonus, this will help break down the stigma around men's health.

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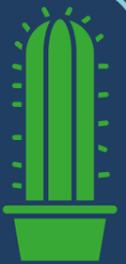
## Make switching off a must



- Encourage flexible working to promote men taking time to visit the GP.
- Be open about the long-term benefits of taking a short amount of time off work if someone is sick or close to burnout.  
If flexible working isn't an option for your organisation, make sure the health support you offer is available out of working hours.

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## Prove there's nothing to be embarrassed about



- Encourage your managers and senior colleagues to show they look after themselves – this will trickle down through the business.
- Managers, help drive the change by talking about how you prioritise your wellbeing over work.  
Share 'meet the team' interviews that weave wellbeing into the narrative.

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## It's all about easy access



- Retired men are just as likely to see a GP as retired women – the difference is among men of working age.  
Make sure support is available to those who work long hours or shift patterns by opting for a digital healthcare service.

- Be inclusive of those who self-identify as male or non-binary by offering health support that includes the LGBTQ+ community. 

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## Calling all 'men's health champions'



- Find people within your organisation who are happy to talk openly about men's health and their own personal experiences.
- They can help create a culture of openness and help set up a calendar of events designed to encourage men to talk.

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## Watch your language



- GP posters and adverts are often designed with women in mind – make it easier for men to relate to health benefits and resources.
- A few things you can try  
Use direct messaging with a simple call to action.  
Don't be too preachy.  
Keep the tone casual and sometimes use humour.  
Be clear about red flags that need urgent attention.

## One small step for man...



...could mean one giant leap for men's health in your organisation.