

JUNE 2026

Sunshine season is here. Let's talk sunscreen—your skin will thank you.

Summer is here. As you enjoy time outside with family and friends, the right sunscreen and SPF can help keep your skin protected. Find out how to choose the right sunscreen and SPF for your skin.

[Read more](#)

Men's health webinar: Simple steps that make a difference

June is Men's Health Month—a great time to focus on your well-being. Learn about key health topics, mental health and screenings, plus simple habits that can make a difference.

Join us live on June 17 at 11:00 AM

[Save your spot](#)



Getting healthier starts with a plan—here's yours.

June is Men's Health Month, and, whether it's physical or mental, fellas just want to be healthy. Figuring out where to start can feel like the hardest step. Luckily, you don't have to figure it out on your own. Scrubbing In has a guide to [staying healthy in every decade](#).

Find tips and tools for:

- [Staying healthy in your 30s](#)
- [Staying healthy in your 40s](#)
- [Staying healthy in your 50s](#)
- [And more](#)



Health Talk



Curious about a specific health topic? You can find information and resources about a wide variety of different health topics on our [Health and Wellness](#) page.

Check in on your health



Healthy habits start with taking time for yourself.

Life can get hectic and when it does, your health often takes a back seat. But staying on top of it doesn't have to be overwhelming. With just a few intentional choices, you can keep things on track for the future.

Not sure where you stand? **Start with the Health Assessment.** It's a quick, simple way to get a clear picture of your current health and what to focus on next.

Begin with the basics:

Primary care – Having a go-to doctor isn't just convenient, it's key for personalized, consistent care.

Preventative screenings – Regular checks for blood pressure, cholesterol, diabetes, colon cancer and prostate cancer can catch issues early, often before symptoms appear. Ask your doctor which tests are right for you.

Mental health – It's okay to not be okay. Stress, anxiety, burnout and depression are real challenges that many men face. Therapy, counseling or simply talking to someone you trust can lighten the load.

Ready to take charge?

Learn why making time for regular checkups is one of the best things you can do for your health.

SOURCES
NIH.gov, CDC: "Men's health: Checkups, screenings key"
National Institute of Mental Health: "Men and Mental Health"
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Small steps add up. Discover more ways to [support your health.](#)



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