



June is Men's Health Month: Get Healthy, Stay Healthy

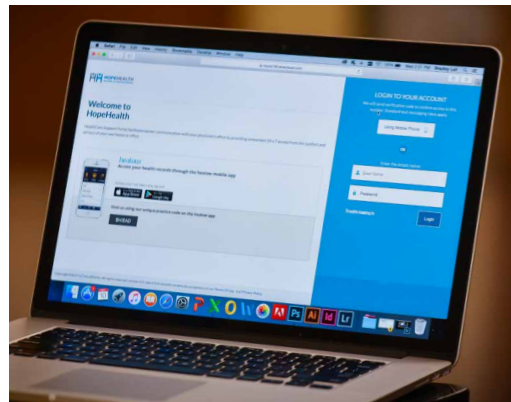
Regular prevention screenings and wellness visits are just as important for men as they are for women. You may think everything feels fine so everything must be fine, but that just may not be the case. Hidden issues such as hypertension can significantly impact your health without visible signs.

Alan Barrett, PA-C, a primary care provider at the Medical Plaza, recommends addressing your health daily by making small, healthy

changes. Getting active, moving more, and paying attention to the little decisions you make each day can add up to big changes in your health.

Changes you can make include: getting six to eight hours of quality sleep every night, staying hydrated with water instead of a sugar-loaded drink, choosing healthier options such as fruit or vegetables for a snack, and eating three well-balanced meals each day with sufficient amounts of fiber and protein.

Get More Out of Your Doctor's Visit With the Patient Portal



**Through the Patient Portal,
you will be able to:**

- ask questions of your care staff and provider
- request prescription refills and referrals
- request appointments
- examine your current and past statements

Contact your primary care provider's office for more information.



Free HIV Testing in Recognition of National HIV Testing Day

National HIV Testing Day is June 27. In Florence, HopeHealth will be celebrating the day on June 8th with free HIV tests, education, and gift cards (while supplies last) at 600 East Palmetto Street. Additional testing day events will be held June 22 from 9 a.m. – 4 p.m. in Aiken (150 University Parkway) and Orangeburg (1857 S. Joe Jeffords Highway). Know your HIV status in as little as 20 minutes and make getting tested a part of your regular health routine.