

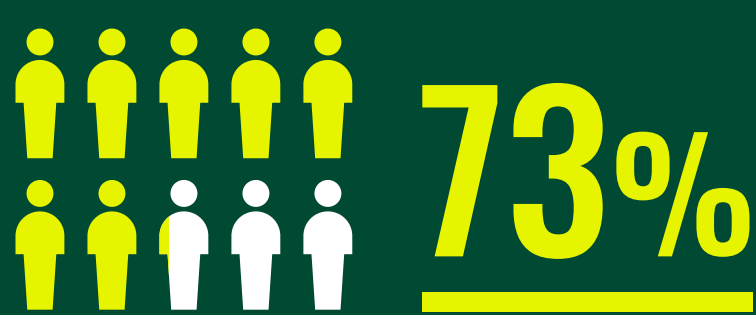


NATIONAL SURVEY: HOW MEN FEEL ABOUT MENTAL, SEXUAL & OVERALL *health*

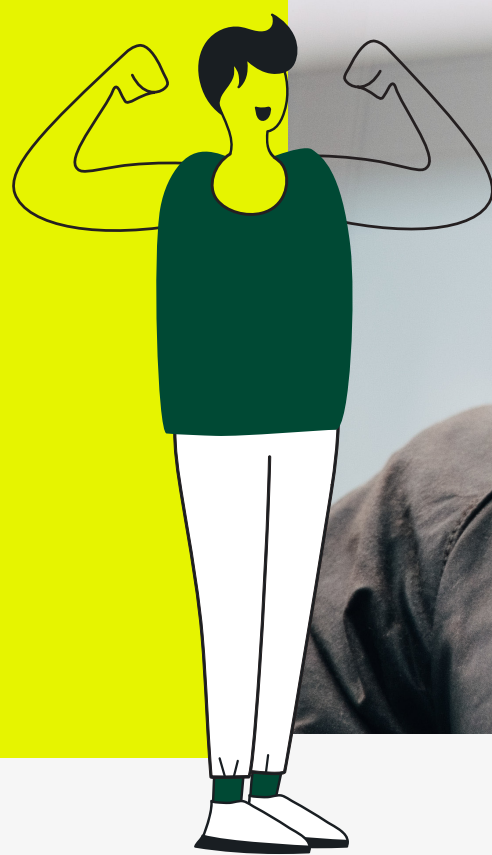
and the Need for Clear Health Information*

*Survey of 1,517 U.S. men ages 18-80 regarding men's healthcare concerns was commissioned by *Men's Health* magazine publisher Hearst media company and conducted online in March 2022 by Research Solutions, Inc. on behalf of HEalthy Now: A Men's Health Coalition™

OVERALL HEALTH



of all men surveyed agreed that as they get older, they become more focused on their overall health



MENTAL HEALTH

Out of all surveyed men (**1,517** men) ...

54%

reported there is a lot they didn't know about how to improve their mental health

43%

reported mental or emotional health issues like depression and anxiety are something you have to learn to live with

39%

responded that mental/emotional health issues like depression and anxiety are something you have to control on your own

33%

said that only individuals with serious mental/emotional issues that prevent them from functioning should seek therapy



SEXUAL HEALTH

Out of sexually active surveyed men (**1,331** men) ...

53%

reported there is a lot they didn't know about how to improve their sexual health

47%

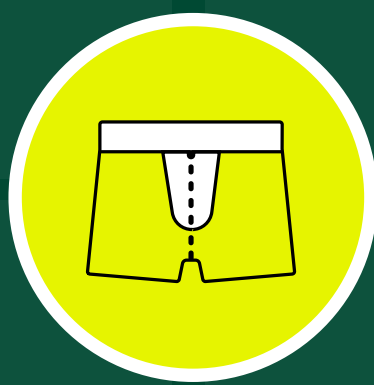
responded they didn't have a clue how to do a "below-the-belt" self-exam

37%

didn't know where to get trusted information on sexual and reproductive health

34%

said they were too embarrassed to talk to anyone, even healthcare professionals, about their sexual health



A NEED FOR CLEAR HEALTH INFORMATION

Out of all men surveyed (**1,517**)

73%

were interested in access to clear information on medical conditions that could affect them

43%

were overwhelmed by the amount of information available about health and wellness



Visit www.VisitHealthyNow.com to learn about common health conditions that may affect men's physical, sexual and mental health and

>> BOOK A FREE 15-MINUTE VIRTUAL CONSULTATION <<

