



# Benefits Buzz...

June 2025

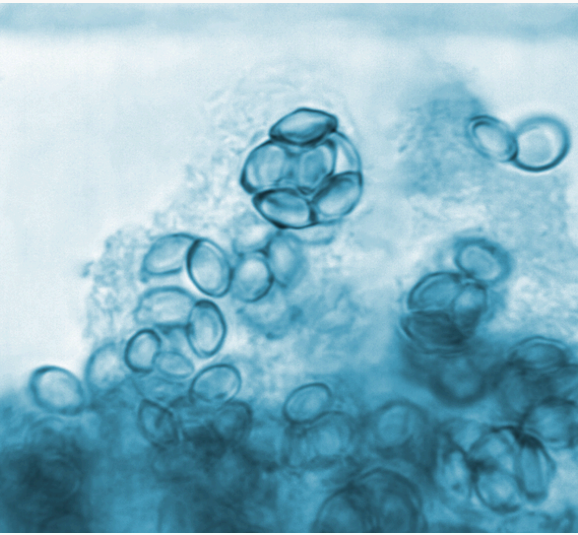


## Mens Health Month

As of 2025, several health concerns are especially prominent for men due to lifestyle, environmental, and genetic factors. This issue touches on the top trending health concerns for men right now.







## CARDIOVASCULAR DISEASE

As of 2025, cardiovascular disease (CVD) remains the leading cause of death among men globally,

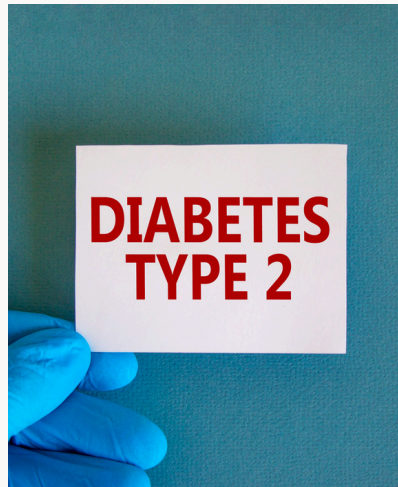
### Coronary Artery Disease (CAD)

- Still the most common form of heart disease in men.
- Risk factors: hypertension, smoking, high LDL cholesterol, low HDL, diabetes, and family history.
- Often presents later than ideal, due to underreporting of symptoms or attributing them to stress or aging.

## METABOLIC SYNDROME & TYPE 2 DIABETES

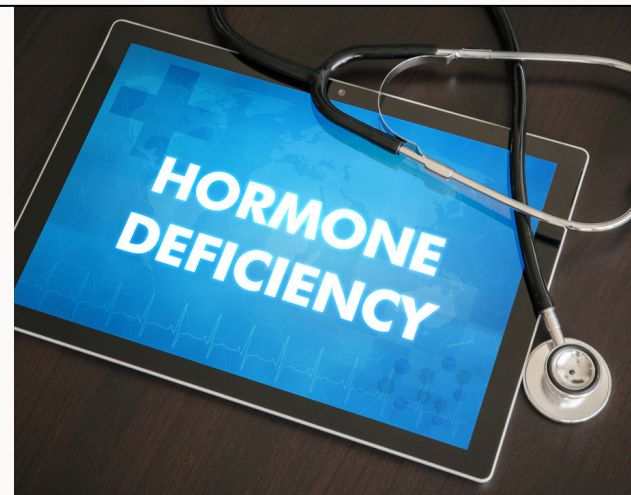
### Metabolic syndrome is a major risk factor for developing T2DM.

- Beta-cell Dysfunction: Chronic insulin resistance can lead to pancreatic beta-cell fatigue and failure.
- Chronic Inflammation: Visceral fat contributes to systemic inflammation, promoting insulin resistance.
- Dyslipidemia & Hypertension: These increase oxidative stress, further impairing insulin signaling.



## TESTOSTERONE DEFICIENCY (LOW T)

Testosterone deficiency, often called low testosterone (Low T), occurs when the body does not produce enough of the hormone testosterone, which plays a vital role in male sexual development, reproductive function, muscle mass, bone density, and mood regulation.





## Cancer Beyond the Prostate

While prostate cancer is the most commonly discussed male-specific cancer, many other cancers also significantly impact men's health. Awareness, early detection, and prevention strategies for non-prostate cancers are critical to reducing morbidity and mortality in men.

### Top Non-Prostate Cancers Affecting Men:

- Lung Cancer (#1 killer)
- Colorectal Cancer
- Bladder Cancer
- Liver Cancer
- Pancreatic Cancer

## Preventive Health Neglect

### Why Men Often Neglect Preventive Health

- Cultural & Psychological Factors - "Tough it Out" mentality.
- Lack of awareness of age-appropriate screenings.
- Time constraints due to work/family obligations.



## Solutions & Prevention

Prioritizing men's health isn't just about improving individual well-being — it's a public health imperative. Men tend to have shorter life expectancies, higher rates of preventable disease, and are less likely to seek medical care than women. Addressing these disparities saves lives, improves quality of life, and benefits families, communities, and society as a whole.

**We want to hear from you!**

For feedback on this edition or suggestions for future editions, email us at [Benefitsadmin@oaklandca.gov](mailto:Benefitsadmin@oaklandca.gov)



Explore these tools and tips to support better health for men

## United Healthcare Wellness Resources

### Blue Shield Live Webinar

### Kaiser Wellness Calendar & Brain Teaser

🧩 Brain Teaser Challenge: Sharpen those neurons and flex that mental muscle. Prizes? Bragging rights? You bet!

#### Wellness Webinars💻

6/18 12:00pm: What EVERY Man Should Know

6/25 2:00pm: Get Your Calm On! Join us for a live meditation session.

6/26 12:30pm: Childhood Obesity

Days to Remember

6/3 World Bike Day

6/15 Father's Day

6/19 Juneteenth

6/21 Day of Music! 🕺👯🎵

6/27 PTSD Awareness Day





# BENEFIT UPDATES AND REMINDERS

**Navia Benefit Solutions** offers the GoNavia Commuter Benefits program, enabling employees to allocate pre-tax dollars for commuting expenses, thereby reducing taxable income and saving up to 30% on commuting costs.C2

## ELIGIBLE TRANSIT EXPENSES

- Buses
- Subways
- Trains
- Light rails
- Ferries
- Vanpooling fees

## ELIGIBLE PARKING EXPENSES

- Metered parking
- Daily/monthly fees for parking lots
- Park-and-ride lots
- Parking at mass transit facilities

### Navia Benefits Solution

**Enrollment:** Employees can enroll at any time via Navia's website.

**Monthly Orders:** Place orders for transit or parking expenses by the 20th of each month for the following month's benefits.

## WHEN PROMPTED ENTER EMPLOYER CODE OKL

**Accessing Funds:** Funds are loaded onto the Navia Benefits Debit Card before the start of each month. Use the debit card to pay for eligible expenses. If a provider doesn't accept the card, pay out-of-pocket and submit a reimbursement claim online

**Monthly Limits:** Employees can contribute up to \$325 per month for transit and \$325 per month for parking. By using pre-tax dollars, employees can save approximately 30% on commuting expenses. For example, someone spending \$250 monthly on parking could save around \$75 each month.

**Adjustments:** Employees can change, pause, or cancel their contributions monthly. Unused funds roll over to the next month, provided the employee remains active and eligible.

**Navia Participant Portal:** Manage benefits, submit claims, and view account balances online or via their mobile app. available for iOS and Android devices.