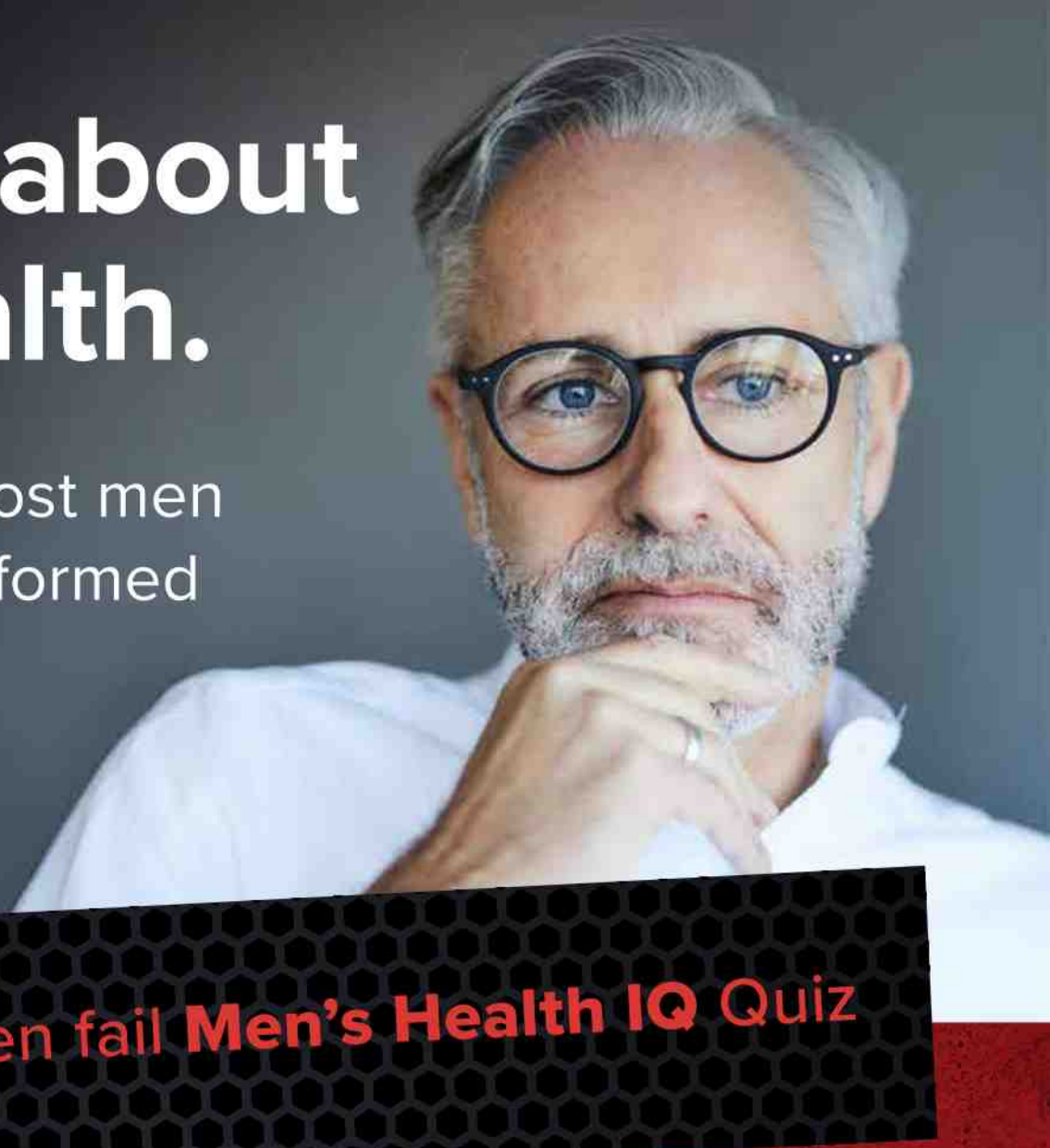


The truth about men's health.

MDVIP study finds most men complacent and uninformed about their greatest health risks.



94% of men fail **Men's Health IQ Quiz**



9 in 10



men don't know heart disease is their #1 killer



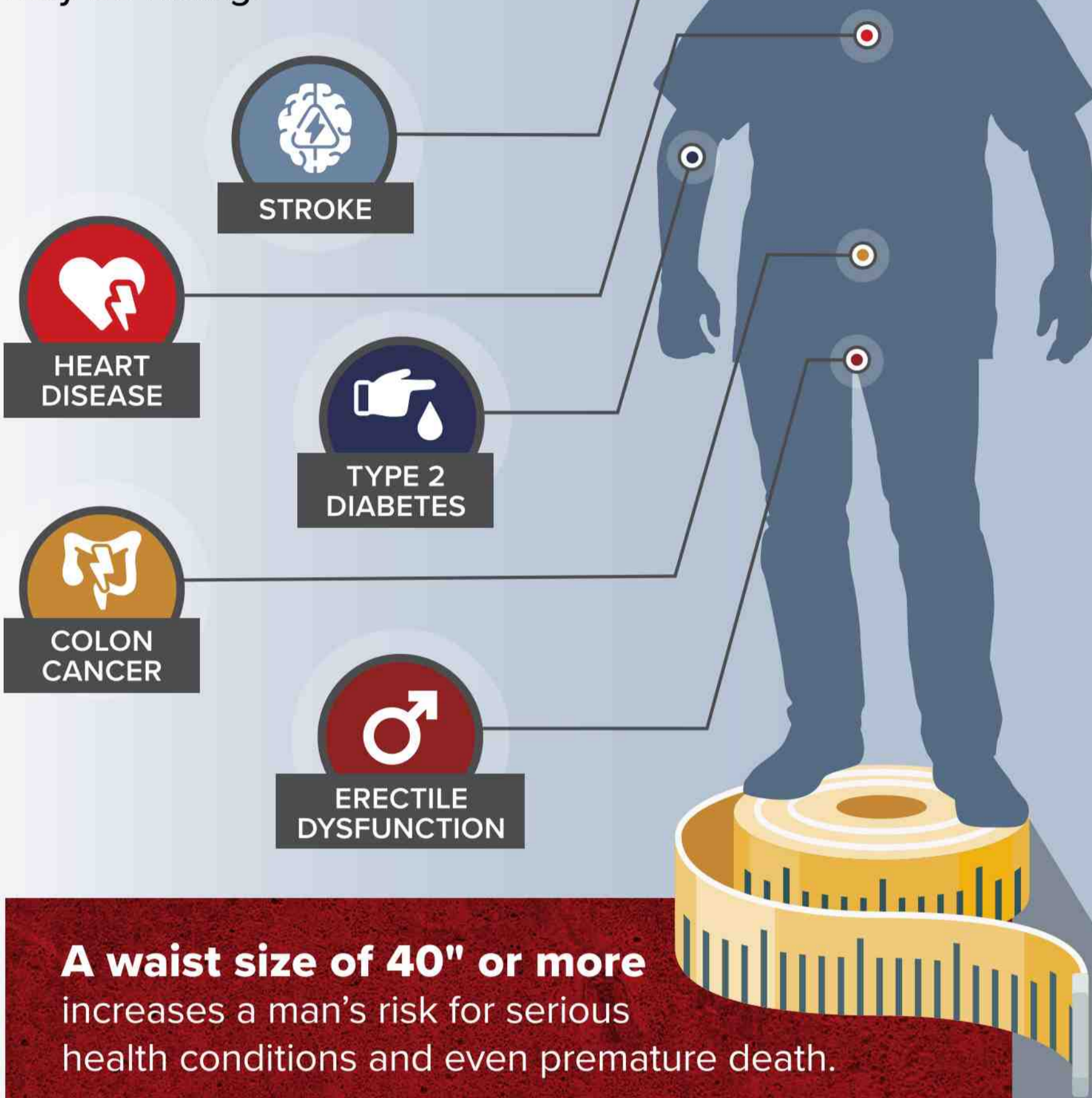
8 in 10



men don't know a colonoscopy can prevent colon cancer

"DAD BOD" ALERT

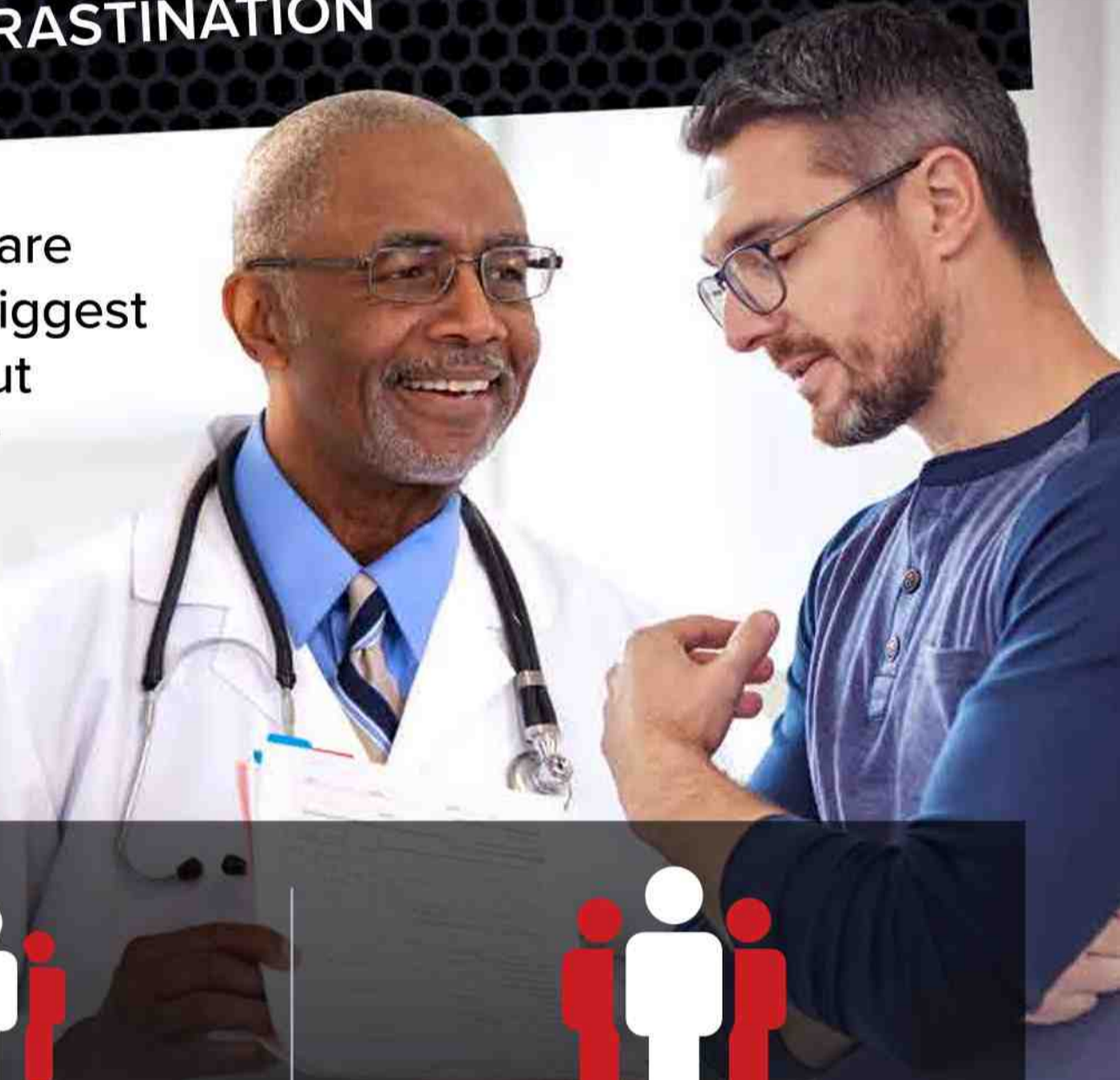
Over half of all men are okay with a "dad bod," but unaware of the health risks that extra belly fat may be hiding.



A waist size of 40" or more increases a man's risk for serious health conditions and even premature death.

PRIMARY PROCRASTINATION

Men say primary care doctors are their biggest health influence but rarely visit them or discuss important health topics.



2 in 5

men put off seeing a doctor until their symptoms were urgent



1 in 3

men avoided the doctor out of fear of finding something wrong



MEN UNDER THE INFLUENCE (of Women)

4 in 5 men say their spouse/partner plays an influential role in their health



45%

of men have gone to a doctor because their spouse/partner insisted upon it

44%

of men would be motivated to improve their health if their spouse/partner did

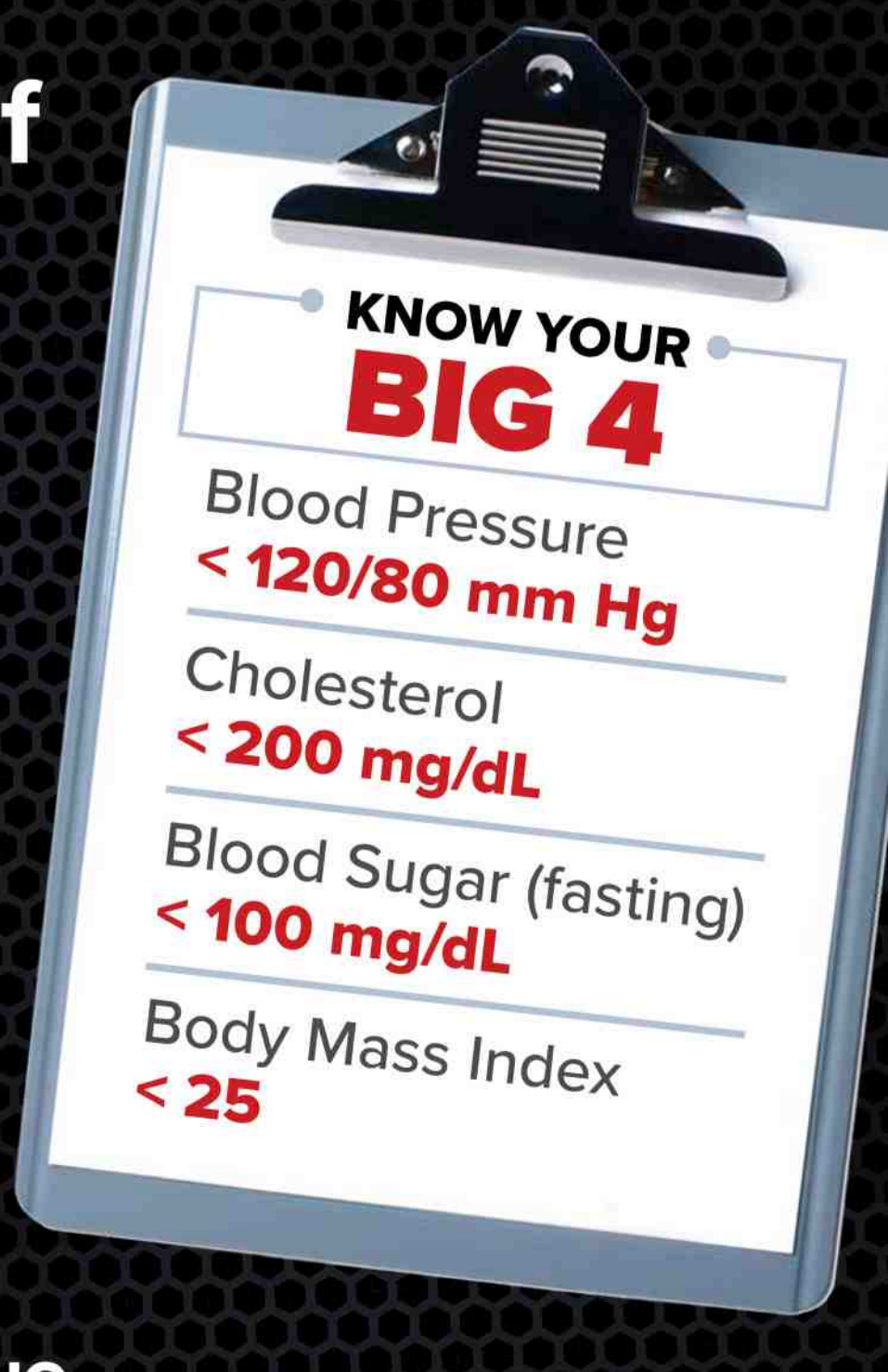
37%

of men know more about their spouse/partner's health than their own

Take Charge of Your Health!

Make prevention and early detection a priority.

- 1** Take the Men's Health IQ Quiz
- 2** Visit your primary care doctor
- 3** Know your numbers



Visit MDVIP.com/MensHealthIQ and see how much you know about men's health.

About the survey

These are the findings from an Ipsos poll conducted November 18–23, 2021, on behalf of MDVIP. For the survey, a sample of 1,026 adult men ages 20 and over from the continental U.S., Alaska and Hawaii were interviewed online in English. Learn more about the survey at www.mdvip.com/MensHealthIQ.

