

Why Most Men Choose Chores Over Checkups

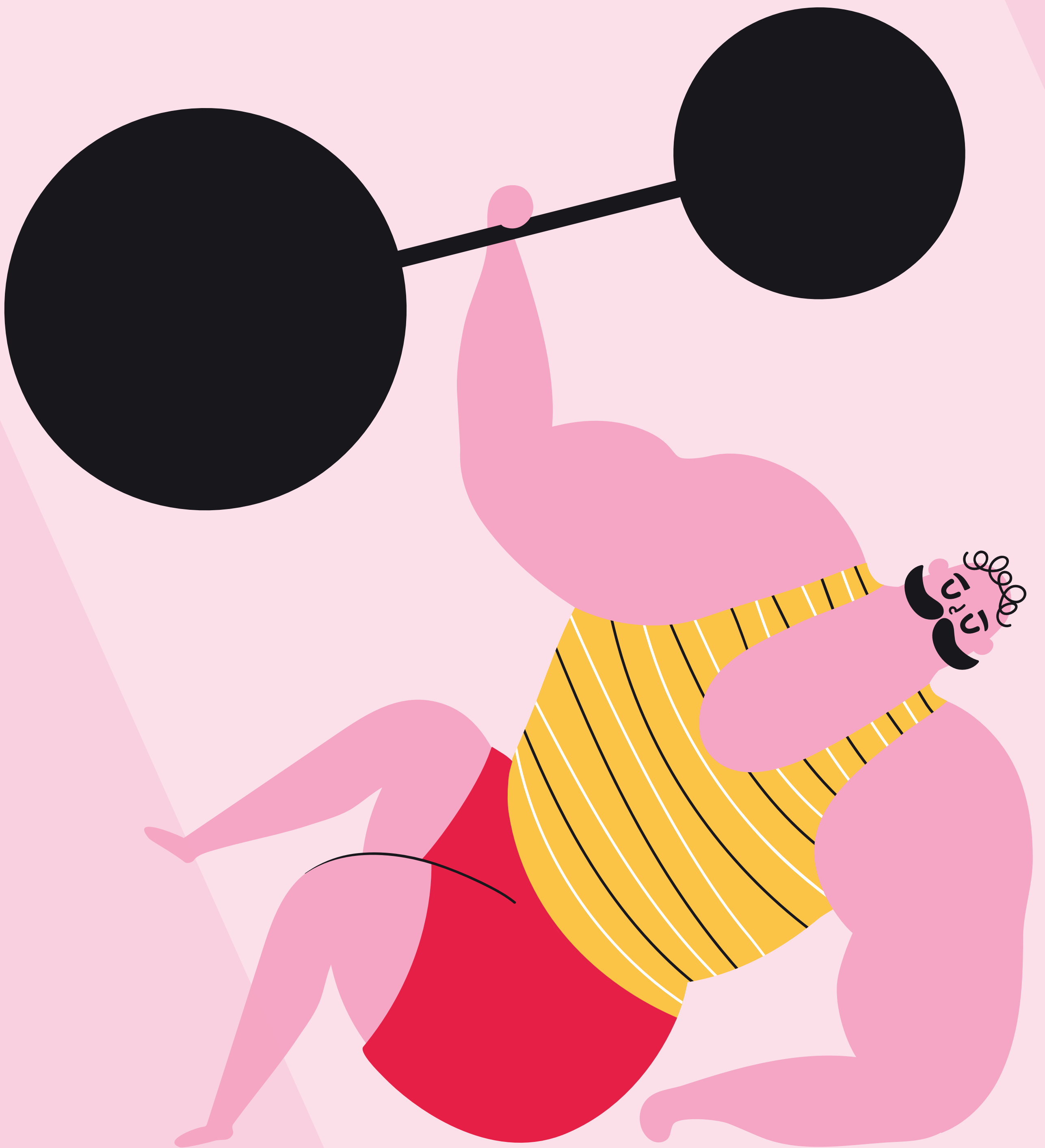
In a survey of 1,000 U.S. men, **72%** said they would rather clean the bathroom or mow the lawn than see a health care provider.

Here are their reasons—and how you can help.



1. Social stigma

The stereotype of a strong man is often passed down through families and culture. **Two-fifths** of survey respondents learned, as children, that men don't complain about health problems.



2. Shame and judgment

One in four men had felt judged by a health care professional in the past.



3. “Wait-and-see” mentality

About **40%** of men thought problems would resolve on their own.



4. Discomfort

A total of **46%** said they didn't want to talk with providers about sex-related concerns. Weight, exercise, and alcohol and drug use were also touchy topics.



But wait, there's good news!

About **80%** of men said they aim to stay healthy because friends and family rely on them. And more would see a provider if it was easier.



If you need to motivate the guy in your life, try to:

- Stress their responsibilities to others
- Look into telehealth options
- Find after-work appointments

