

Men's Health


Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu

This June, we're taking a fresh look at men's health - beyond just physical fitness. While conversations around mental health have become more open, many men still feel pressure to "tough it out" or avoid discussing emotional wellbeing.

How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 9 June 2025

English

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<p>🗣️ Men's health isn't just about physical fitness—it's about mental and emotional strength too. But for many men, talking about struggles can feel uncomfortable, even unnecessary.</p> <p>Traditional ideas of masculinity often push the idea that men should "tough it out"—leading to silence, stress, and even loneliness. This Men's Health Month, our wellbeing benefit, Intellect, shares practical ways to break the loneliness cycle.</p> <p>Intellect offers platform content like "Communicating Your Needs" and "Managing your Emotions Journal" to build healthier connections and process emotions in a safe space. Or, speak with an Intellect professional for personalised support.</p> <p>If you haven't already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic session.</p> <p>🖥️ On Web</p> <ol style="list-style-type: none"> 1. Visit app.intellect.co (please hyperlink here) 2. Enter access code CODE*/ Click "Continue with SSO"** 3. Create your account using your work email address <p>📱 On App</p> <ol style="list-style-type: none"> 1. Select 'I'm new here', then 'With your organisation' 2. Use the code CODE*/ Click "Continue with SSO"** 3. Sign up using your work email address <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p> 

Simplified Chinese

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<p>🗣️ 男性健康远不止是身体强健——心理和情绪的健康同样关键。不过，对很多男士来说，谈论自己的困扰可能感觉别扭，甚至觉得没必要。</p> <p>传统定义的“男子气概”常让人觉得男人就该“硬撑”——但这往往导致压抑、焦虑，甚至被孤立。在这个男性健康月，我们的健康伙伴Intellect，为您提供打破孤单循环的实用锦囊。</p> <p>Intellect平台提供像《如何沟通您的需求》和《情绪管理日志》这样的内容，帮您建立更健康的人际关系，在安心的氛围里梳理情绪。或者，直接和Intellect的专业人士聊聊，获得专属的个性化指导与支持。</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

如果还没用过Intellect, 现在就用 **电脑或手机** 开始体验, 预约 **辅导、关怀或整体健康** 服务吧。

电脑端

1. 访问 app.intellect.co (please hyperlink here) 并点击“注册”
2. 输入访问码 **CODE***/“使用 **SSO** 登录”**
3. 使用您的工作邮箱创建账户


手机端

1. 选择“**I'm new here**”, 然后选择“**With your organisation**”
2. 输入访问码 **CODE***/ 点击“**Continue with SSO**”**
3. 使用您的工作邮箱注册


*请使用您公司/机构的专属访问码

仅适用于已启用 **SSO 单点登录的公司/机构

Traditional Chinese

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<p> 男士健康不止關於強健的體魄, 心理和情緒健康同樣重要。不過, 很多男士都對他們面對的困難避而不談, 甚至認為沒有必要。</p> <p>對男子氣概的傳統觀念, 往往認為男人就應該「撐起來」, 導致男性不敢開口、備受壓力, 甚至感到孤獨。在這個男性健康月, 我們的健康夥伴 Intellect 會分享各種實際方法, 打破孤獨的循環。</p> <p>Intellect 提供多個平台內容, 例如「傳達你的需求」和「管理你的情緒日誌」等, 助你建立更健康的人際關係, 並且以安全健康的方式管理你的情緒。不如和 Intellect 專業人員聊聊, 為你提供個人化支援。</p> <p>如果你尚未成為會員, 可以從 電腦/手機 上的 Intellect 開始, 預約 指導/關愛/全方位 課程。</p> <p>網頁版</p> <ol style="list-style-type: none">1. 瀏覽 app.intellect.co, 然後按一下「註冊」2. 輸入登入代碼 CODE*/ 點擊「使用 SSO 登入」**3. 使用你的工作電子郵件創建帳戶 <p>App版</p> <ol style="list-style-type: none">1. 選擇「我是新用戶」, 然後選擇「以機構身份登入」2. 輸入登入代碼 CODE*/ 點擊「以 SSO 繼續」**3. 使用你的工作電子郵件創建帳戶 <p>*請使用你所在企業的唯一登入代碼 **只限支持單一登入的企業</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Thai

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<p> สุขภาพของผู้ชายไม่ได้มีแค่เรื่องกล้ามเนื้อหรือพลังกำลัง แต่ยังรวมไปถึงความเข้มแข็งด้านจิตใจและอารมณ์ด้วย ถึงอย่างนั้นผู้ชายหลายคนกลับรู้สึกไม่กล้าระบายปัญหาในใจออกมา บางคนถึงขั้นมองว่าไม่ใช่เรื่องจำเป็นด้วยซ้ำ</p> <p>มุมมองเรื่องความเป็นลูกผู้ชายตามขนบมักจะย้ำว่าผู้ชายต้อง “อดทนและเข้มแข็ง” ทำให้ผู้ชายเก็บงำความรู้สึก เครียด หรือแม้กระทั่งโดดเดี่ยว มิถุนายนคือเดือนแห่งการสนับสนุนสุขภาพของผู้ชาย Intellect ที่เป็นสวัสดิการด้านสุขภาพของเราจึงขอแชร์วิธีที่ใหม่ได้จริงในการทำลายวังวนของความโดดเดี่ยว</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Intellect มีคอนเทนต์อย่าง “[การสื่อสารความต้องการของคุณ](#)” และ “[สมุดบันทึกเพื่อการจัดการอารมณ์](#)” บนแพลตฟอร์ม เพื่อให้คุณสานสัมพันธ์ได้อย่างถูกวิธีมากขึ้น และมีพื้นที่ให้วิเคราะห์และเข้าใจอารมณ์ของตนเองได้อย่างสบายใจ หรือจะพูดคุยกับผู้เชี่ยวชาญมืออาชีพจาก Intellect เพื่อรับการดูแลอย่างตรงจุดก็ได้

ถ้ายังไม่เคยมาก่อน คุณสามารถเริ่มใช้งาน Intellect ผ่าน **เดสก์ท็อป/ อุปกรณ์เคลื่อนที่** เพื่อจองเซสชัน **การโค้ช/การดูแล/แบบองค์รวม** ได้เลย

ผ่านเว็บไซต์

1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก “สมัครใช้งาน”
2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ “เข้าสู่ระบบด้วย SSO”**
3. สร้างบัญชีด้วยที่อยู่อีเมลที่ทำงานของคุณ




ผ่านแอป

1. เลือก “ฉันไม่เคยใช้มาก่อน” ตามด้วย “กับองค์กรของคุณ”
2. ใช้รหัส CODE*/ คลิกที่ “เข้าสู่ระบบด้วย SSO”**
3. สมัครใช้งานด้วยที่อยู่อีเมลที่ทำงานของคุณ



*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ

**สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น


Vietnamese

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<p> Sức khỏe nam giới không chỉ là thể lực – mà còn là sức mạnh tinh thần và cảm xúc. Tuy nhiên, với nhiều người đàn ông, việc chia sẻ những khó khăn lại dễ tạo cảm giác ngại ngùng, thậm chí là... không cần thiết.</p> <p>Những quan niệm truyền thống về sự nam tính thường cổ vũ việc “gồng lên vượt qua” – dẫn đến sự im lặng, áp lực và cả cảm giác cô đơn. Trong tháng về Sức Khỏe Nam Giới này, Intellect – nền tảng chăm sóc sức khỏe tinh thần – mang đến những cách tiếp cận thực tế để phá vỡ vòng lặp cô đơn này.</p> <p>Trên Intellect, bạn có thể khám phá những nội dung như “Kỹ năng giao tiếp nhu cầu” và “Nhật ký quản lý cảm xúc” để xây dựng kết nối lành mạnh và hiểu rõ chính mình hơn. Hoặc, đặt lịch để nói chuyện trực tiếp với chuyên gia tâm lý của Intellect cho sự hỗ trợ phù hợp với riêng bạn.</p> <p>👉 Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên máy tính hoặc điện thoại để đặt lịch cho các buổi khai vấn/trị liệu hoặc tư vấn toàn diện ngay hôm nay.</p> <h4> Trên máy tính</h4> <ol style="list-style-type: none">1. Truy cập app.intellect.co (please hyperlink here) và nhấp vào “Đăng ký”2. Nhập mã truy cập CODE* / Nhấn “Tiếp tục với Đăng nhập một lần (SSO)”**3. Tạo tài khoản bằng email công việc của bạn <h4> Trên ứng dụng</h4> <ol style="list-style-type: none">1. Chọn “I’m new here”, sau đó chọn “Tham gia với tổ chức của bạn”2. Nhập mã truy cập CODE* / Nhấn “Tiếp tục với SSO”**3. Đăng ký bằng email công việc của bạn <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp</p> <p>**áp dụng cho tổ chức dùng SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Japanese

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<p> 男性の健康は、単に身体的なフィットネスではありません。心や感情の健康も、同じように大切です。しかし、多くの男性にとって、悩みを打ち明けることはなじみがなく、時に「必要ない」と感じることもあります。</p> <p>「男は強くあるべき」という伝統的な価値観は、我慢や沈黙を促すことがありますが、それがストレスや孤独感につながってしまうこともあります。この「男性の健康月間」に合わせて、Intellectではこのような負のサイクルを断ち切るための実践的なヒントをお届けしています。</p> <p>人との繋がりを作るコンテンツや、自分への理解を深めるためのジャーナルなどをご利用いただけます。また、専門家と個別に話すことも可能です。</p> <p>まだお試していない方は、ぜひPCまたはスマホからIntellectを始めてみてください。コーチング、ケア、ホリスティックセッションのご予約も簡単に行えます。</p> <p> ウェブの場合</p> <ol style="list-style-type: none"> 1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリックする 2. アクセスコードCODEを入力*/「SSOで続ける」**をクリックする 3. 勤務先のメールアドレスを使用してアカウントを作成する <p> アプリの場合</p> <ol style="list-style-type: none"> 1. 「アカウントを作成」を選択し、「組織」を選択する 2. CODE*/「SSOで続ける」**をクリックする 3. 勤務先のメールアドレスを使用してサインアップする <p>*組織固有のアクセスコードを使用してください。 **SSOを利用している組織のみ</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Korean

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<p> 남성의 건강은 신체적 피트니스뿐만 아니라 정신적 및 감정적 강인함도 포함합니다. 많은 남성들의 경우 극복에 대해 말하는 것이 불편하다고 느끼고 심지어는 불필요하다고 느끼실 수 있습니다.</p> <p>남성답다는 전통적인 개념은 남성이 “견뎌내야” 한다는 생각으로 흔히 밀어붙일 수 있고 이는 침묵과 스트레스, 심지어 외로움으로 이어질 수 있습니다. 이번 남성 건강의 달은 Intellect가 진행하는 우리의 웰빙 혜택으로 진행하며 외로움의 주기를 깨뜨리는 실질적인 방안을 공유합니다.</p> <p>Intellect는 더 건강한 관계를 만들고 안전한 공간에서 감정을 관리하는 “귀하의 요구를 소통하기”와 “귀하의 감정 일지 관리하기”와 같은 플랫폼 콘텐츠를 제공합니다. 또는 개별화한 지원을 위해 Intellect에 이야기해 보세요.</p> <p>아직 시작하지 않으셨으면, 컴퓨터/모바일에서 Intellect을 시작하여 코칭/케어/종합 세션 예약을 시작해 보세요.</p> <p> 웹 버전</p> <ol style="list-style-type: none"> 1. app.intellect.co에 방문합니다 (please hyperlink here) 를 클릭하고 “로그인”을 클릭합니다 2. 활성화 코드 CODE를 입력합니다*/ “SSO로 계속”을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 계정을 만듭니다 <p> 앱 버전</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

<ol style="list-style-type: none"> 1. "I'm new here"를 선택한 다음, "With your organisation"을 선택합니다 2. 활성화 코드 CODE를 사용합니다*/ "Continue with SSO"을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 가입합니다 <p>*조직의 고유 활성화 코드를 사용하십시오 **SSO를 사용하는 조직만 해당합니다</p>	
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Bahasa Indo

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<p>🗣️ Kesehatan pria bukan hanya soal kebugaran fisik—tetapi juga mencakup kekuatan mental dan emosional. Namun, bagi banyak pria, membicarakan kesulitan pribadi adalah hal yang tidak mengenakkan, bahkan dianggap tidak perlu.</p> <p>Pandangan tradisional mengenai maskulinitas kerap menanamkan bahwa pria "harus tangguh"—mengakibatkan ketertutupan, stres, bahkan kesepian. Pada Bulan Kesehatan Pria ini, manfaat kesejahteraan kami, Intellect, membagikan cara praktis untuk memutus lingkaran kesepian.</p> <p>Intellect menawarkan berbagai konten platform seperti "Mengomunikasikan Kebutuhan Anda" dan "Mengelola Jurnal Emosi Anda" untuk membangun koneksi yang lebih sehat serta memproses emosi dalam ruang aman. Atau, bercakap dengan profesional dari Intellect guna mendapatkan dukungan yang lebih terpersonalisasi.</p> <p>Jika Anda belum menggunakan Intellect, akses via laptop/ponsel untuk memesan sesi pelatihan/perawatan/holistik.</p> <p>🖥️ Di Web</p> <ol style="list-style-type: none"> 1. Kunjungi app.intellect.co (please hyperlink here) dan klik "Lanjutkan" 2. Masukkan kode akses KODE*/ Klik "Lanjutkan dengan SSO"*** 3. Buat akun menggunakan alamat email kantor Anda <p>📱 Di Aplikasi</p> <ol style="list-style-type: none"> 1. Pilih "I'm new here", lalu "With your organisation" 2. Masukkan kode akses KODE*/ Klik "Continue with SSO"*** 3. Daftar menggunakan alamat email kantor Anda <p>*harap gunakan kode akses unik organisasi Anda **hanya bagi organisasi yang memiliki SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Spanish

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<p>🗣️ La salud masculina no se trata solo de estar en forma: también implica fuerza mental y emocional. Pero para muchos hombres, hablar de lo que les pasa puede resultar incómodo o parecer innecesario.</p> <p>Las ideas tradicionales sobre la masculinidad suelen promover que los hombres deben "aguantarse", lo que lleva al silencio, al estrés e incluso a la soledad. Este Mes de la Salud Masculina, nuestro beneficio de bienestar, Intellect, comparte formas prácticas de romper con ese ciclo.</p> <p>En la plataforma de Intellect encontrarás contenidos como "Comunica tus necesidades" y el "Diario para gestionar tus emociones", diseñados</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

para ayudarte a conectar mejor con los demás y procesar tus emociones en un espacio seguro. También puedes hablar con un profesional de Intellect para recibir apoyo personalizado.

Si aún no lo haces, entra a Intellect desde tu **computadora** o **celular** y agenda una sesión de **coaching, atención o bienestar integral**.

 **En la web**

1. Visita app.intellect.co. (please hyperlink here) y haga clic en "Inscribirse"
2. Ingresa el código de acceso CODE* o selecciona "Continuar con SSO".**.
3. Crea tu cuenta con tu correo electrónico laboral.

 **En la app**

1. Selecciona "I'm new here" y luego "With your organisation".
2. Ingresa el código CODE* o selecciona "Continue with SSO".**.
3. Regístrate con tu correo electrónico laboral.

*Usa el código único de acceso de tu empresa.

**Solo para empresas con SSO.

Portuguese (Brazilian)

Copy

🗣️ A saúde masculina não aborda apenas condicionamento físico, mas também a força mental e emocional. Mas, para muitos homens, falar sobre as dificuldades pode parecer desconfortável e até desnecessário.

As ideias tradicionais de masculinidade muitas vezes reforçam a ideia de que os homens devem "resistir" - o que leva ao silêncio, ao estresse e até mesmo à solidão. Neste Mês da Saúde do Homem, o Intellect, nosso benefício de bem-estar, compartilha maneiras práticas de quebrar o ciclo da solidão.

A Intellect oferece conteúdo de plataforma como "[Comunicando suas necessidades](#)" e "[Diário de gerenciamento de suas emoções](#)" para criar conexões mais saudáveis e processar emoções em um espaço seguro. Você também pode falar com um profissional da Intellect para obter suporte personalizado.

Se você ainda não o fez, comece a usar o Intellect no **desktop/celular** e agende uma sessão de **treinamento/cuidados/holística**.

 **Na Internet**

1. Acesse app.intellect.co (please hyperlink here) e clique em "Cadastrar-se"
2. Insira o código de acesso CÓDIGO*/Clique em "Continuar com o SSO".**
3. Crie sua conta usando seu endereço de e-mail de trabalho

 **No aplicativo**

1. Selecione "I'm new here" e em seguida "With your organisation"
2. Utilize o código CÓDIGO*/Clique em "Continue with SSO".**
3. Registre-se usando seu endereço de e-mail de trabalho

*use o código de acesso exclusivo da sua organização

**somente para organizações com SSO

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<p>🗣️ Kesihatan lelaki bukan sekadar ketegapan jasmani, tetapi juga merangkumi kekuatan mental dan emosi. Tetapi bagi ramai lelaki, bercakap mengenai kesulitan hidup kurang menyenangkan, malah dirasakan tidak perlu.</p> <p>Tanggapan lama tentang kelelahan biasanya membayangkan bahawa lelaki patut "menggagahkan diri". Akibatnya, ramai lelaki membisu, tertekan bahkan juga berasa sepi. Pada Bulan Kesihatan Lelaki ini, manfaat kesihatan kita, iaitu Intellect, mengajar kita cara melepaskan diri daripada belunggu kesepian ini.</p> <p>Antara kandungan yang ditawarkan oleh pelantar Intellect ialah "Memberitahu Keperluan Anda" dan "Jurnal Pengurusan Emosi" yang dapat menolong anda membina perkaitan yang lebih sihat dan memproses emosi dalam suasana yang selamat. Anda juga boleh bercakap dengan pakar Intellect jika anda memerlukan sokongan peribadi.</p> <p>Jika anda belum bermula, dapatkan Intellect pada komputer/alat mudah alih anda untuk menempah sesi bimbingan/penjagaan/menyeluruh.</p> <p>🖥️ Melalui Web</p> <ol style="list-style-type: none">1. Layari app.intellect.co (please hyperlink here)2. Taip kod masuk CODE*/ Klik "Teruskan dengan SSO"***3. Buat akaun dengan menggunakan alamat e-mel kerja anda <p>📱 Melalui Aplikasi</p> <ol style="list-style-type: none">1. Pilih 'Saya pengguna baharu', kemudian 'Dengan organisasi anda'2. Gunakan kod CODE*/ Klik "Teruskan dengan SSO"***3. Daftarkan diri dengan menggunakan alamat e-mel kerja anda <p>*gunakan kod masuk organisasi anda yang unik **untuk organisasi yang menggunakan SSO sahaja</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>