



To the Men and Fathers Who Joined Us.

A June 2026 Recap.

This past month, we sat down with many of you to talk about something that doesn't get talked about enough - your mental health. Here's what we heard, and what we hope you'll carry forward:

- ✔ **You don't have to wait until you're struggling to check in on yourself.** Most of us only pause to ask "how am I really doing?" when things fall apart. But mental health, like physical health, is something you maintain; not something you fix only in a crisis.
- ✔ **Taking care of your mind isn't separate from taking care of your family.** The version of you that shows up rested, supported, and emotionally steady is the version your children and partner actually need. Running on empty doesn't make you more dependable; it makes you more fragile when it counts.
- ✔ **Strength was never about carrying everything alone.** Many of you shared that the hardest part isn't the pressure itself, it's believing you have to face it without help. Asking for support whether from a friend, a partner, a professional, or simply a space to talk, is not a departure from strength. It's what strength actually looks like in practice.
- ✔ **Small, consistent check-ins matter more than big gestures.** You don't need a crisis or a scheduled webinar to ask yourself how you're doing. A regular, honest moment of reflection, even just a few minutes, can catch what would otherwise build up silently.
- ✔ **Your health conditions and your mental state are connected, not separate boxes.** Whether it's managing a chronic illness or simply the daily weight of providing for a family, the emotional toll is real and deserves the same attention as the physical one.

This conversation doesn't end with June. We hope you'll keep checking in on yourselves, and on each other



Take a Free Mental Health Self-Assessment

Check in with yourself today using a simple, secure, and confidential tool:

<https://form.typeform.com/to/jrMTJsUo>

This assessment is securely managed by our trusted mental health provider, Health X Africa. All responses are strictly confidential and handled with the highest level of privacy.

Scan QR Code:



July in Focus: What's Coming Up

As we move into July, Britam Wellness continues its focus on prevention and early intervention with two key observances:

➤ **Optical Health Webinar – 17th July 2026**

A session on protecting your eyesight and recognizing the most common eye diseases early, including practical tips for everyday eye care.

➤ **World Hepatitis Day – 28th July 2026**

Our focus this year turns to alcohol and liver health, examining how lifestyle choices affect long-term liver function and what early warning signs to watch for.

SPOTLIGHT: BRITAM WELLNESS PROGRAM INITIATIVES

Chronic Disease Management Program (CDMP)

For clients living with chronic conditions, CDMP offers structured support to help you manage your health proactively.

Enroll here: <https://forms.office.com/r/gQntzKDAPB>



Britam Pharmacy First Service

Skip the long queues. The Pharmacy First Service offers you faster access to care for minor ailments across our trusted pharmacy provider network.

View the full Britam Pharmacy Panel below:



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Email: Contactcentermedical@britam.com