

Don't wait until it's too late.



Men's health is not often spoken about in group conversations, let alone in a big forum with a large audience, but Hugo Toovey does just that. With the battle of a lifetime on his hands, he adds humour to his health and in this 60 minute session will discuss both mental and physical health and his ALIVE approach.



15th June 2023



12:30pm AEST



This session is virtual and the link will be sent to those who register.

We look forward to seeing you there.

[Register today](#)



To speak with Medibank about your health cover, scan the QR Code to book an appointment or [BOOK HERE](#)



Hugo Toovey

Hugo Toovey is a 31 year-old Army Captain, Founder of 25 STAY ALIVE, a two-time Cancer Survivor and a Mental Health Advocate.

If you didn't know Hugo, you would assume that he was your typical everyday young Australian. And yes, from the outside, he appears to be exactly that. However, the last 10 years of his life has been everything BUT normal. Not only has Hugo survived both testicular cancer and bowel cancer, but he has also had ongoing battles with his mental health. Yet despite all of this, he is more determined than ever to use what he has gone through to save lives.

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