

TAKE CHARGE OF YOUR HEALTH CARE 7-DAY CHALLENGE





Consider this week your refresher course on the best ways to prioritize your health. Every day, check the SilverSneakers blog and our Facebook page for a new daily lesson. Don't worry — you're not being graded, and the topics are quick and easy to digest.

Use this guide to follow-along, take notes, and track your progress. We've also included a few fun quiz questions to test your knowledge after reading each lesson. (Hint: It's an open-blog test.)

Here's to a smarter, healthier you!

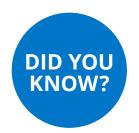


Health care terms older adults need to know

There's a direct connection between understanding health care terms and having better health outcomes. Reading up on this list is a good place to start.

Quick review:

- What's the difference between Medicare, Medicare Advantage, and MediGap?
- True or false: All treatments a provider prescribes are medically necessary.
- Do you know where to find your plan's Formulary?



Seniors have the lowest health literacy of any age group. It's time to change that!





What you need to know when choosing health care providers

Your doctor isn't available. Should you see a nurse practitioner (NP) or a physician assistant (PA)? Use these descriptions to make an informed decision.

Quick review:

- Which professionals can write prescriptions and review your medications?
- Name two instances it's best to seek the advice of a doctor, versus an NP or PA.
- True or false: An NP can refer you to specialists.



After your first appointment with a new health care provider, ask yourself:

Did I feel heard and respected?

Did the doctor explain things clearly, and did I feel comfortable asking questions?

If the answer is no, don't be afraid to look for other options.





Medical tests every older adult needs

Research shows that people who receive regular preventive screenings live longer than those who don't. Yet less than half of all adults over 65 are up to date on these important health checks. Are you?

Quick review:

- In your own words, why are preventive screenings important?
- True or false: Depression screenings are part of Medicare annual wellness visits.
- True or false: There are at-home tests for colorectal cancer.



The flu vaccine takes at least two weeks to start working, so it's best to get it before the end of October.

Missed that deadline?

Get it as soon as possible.

Flu season can last through March.



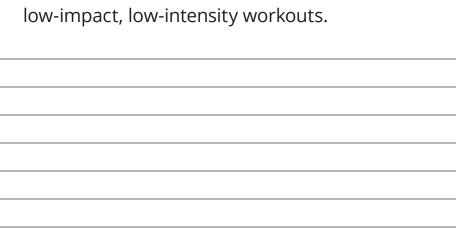


Make a plan to move more — in a way that's right for you — with SilverSneakers

It's no secret that exercise is an important part of healthy aging. But not every workout plan is appropriate for older adults, who have a variety of unique concerns (such as mobility issues). SilverSneakers can help you build a plan that's safe, effective, and fun.

Quick review:

- True or false: SilverSneakers members must choose between in-person or online classes.
- Name two things that set SilverSneakers instructors apart from other trainers.
- True or false: Older adults do better with low-impact, low-intensity workouts.





"The secret to making exercise a habit?

Do what you love, not what you think you should be doing.

Walks around the neighborhood, dancing in your living room, online workout classes—it all counts!



–SilverSneakers Master Trainer Sims Corbett





Protect your heart health

Cardiovascular disease remains the number one cause of death in the U.S. — and the risks increase as you get older. Use these lesser-known tips to safeguard your ticker.

Quick review:

- What percentage of heart disease is preventable:
 - a. 50%
 - **b.** 80%
 - **c.** 100%
- True or false: Baby aspirin is a recommended preventive measure for all older adults.
- Name two ways sleep helps your heart health.





Strength training is a powerful heart protector.

A 2016 study in *Preventive Medicine* shows two strength sessions per week can lower your risk of cardiac death by 41 percent and the odds of dying from any cause by 45 percent.

New to strength training? Try a SilverSneakers Classic class, offered online and in-person.





Know the physical signs of depression

This common mental health condition is often associated with feelings of sadness or indifference. But they're not the only symptoms worth watching. Learn the top physical complaints that are tied to depression.

Quick review:

- How are pain, mood, and sleep connected?
- True or false: Physical symptoms of depression are more likely to appear in older adults, compared with those who are younger.

Fill in the blank: "Problems with affect your mood and vice versa."	can



1 in 4 older adults reported experiencing depression and anxiety during the pandemic.

If you're among them and can't seem to shake it, talk to your doctor.

Mental illness is treatable.





Find strategies to make living with chronic conditions easier

Four in 10 adults in the U.S. are managing at least two health conditions, according to the Centers for Disease Control and Prevention. Adopt these strategies to ease the load and do more of what you enjoy.

Quick review:

- Strategy #2 discusses the importance of meaningful goals, beyond simply "coping."
 What meaningful goal can you set for yourself?
- Name the often-underutilized member of your health care team.

 Fill in the blank: "How you can profoundly influence your health and well-being."



Use your pharmacist as a resource.

They have a wealth of knowledge about medication side effects or interactions, as well as advice for managing multiple meds.