



4 IMPORTANT STEPS FOR AGING WELL

1 BUILD AND MAINTAIN YOUR NETWORK TO REDUCE FEELINGS OF LONELINESS AND ISOLATION

- **Nurture your relationships:** Reach out to your family and friends regularly—you don't need a reason to pick up the phone or get together face-to-face. Take advantage of shared interests, such as volunteering together.
- **Expand your network:** Making new friends as you age IS possible! Join book clubs and senior centers, volunteer, or check out affordable classes in your community. Taking group classes is a great way to meet new people while keeping your mind sharp and your body strong.

2 STAY ACTIVE TO REDUCE YOUR RISK OF DEVELOPING CERTAIN CHRONIC CONDITIONS

- **Keep it simple:** You don't need to run a marathon to stay healthy—take a daily walk outside or indoors at your local mall or community college, use resistance bands to maintain healthy muscles, or incorporate chair exercises into your daily routine.
- **Make it fun:** Start a walking club or take a class that incorporates fitness, such as gardening. Try something new, such as yoga or tai chi. When possible, exercise with other people as it can help you stay motivated and reduce feelings of isolation or loneliness.

3

PLAN AHEAD TO PREVENT FUTURE COMPLICATIONS

- **Make your wishes known:** Where do you want to live as you age? What level of medical care do you want to receive? Be sure that someone you trust knows your wishes. Put it in writing by setting up a healthcare proxy (or advance directive).
- **Modify your home:** Take a quick look around your home—are there safety hazards that need modification? As you age and lose your mobility, will you need grab bars or ramps? Is there clutter around your home that may lead to falls? Simple home modifications you make today can help you live in your home longer.

4

RELY ON YOUR MEDICAL TEAM TO KEEP YOU HEALTHY LONG-TERM

- **Keep up with your preventive care:** Schedule your annual wellness visit and come prepared with a written list of questions or changes to your health. Don't forget your vaccinations too—your flu shot and COVID-19 booster can keep you and those you love safe and healthy.
- **Maintain a written list of all your medications:** Your list should include the prescription name, dosage, and how often you take it. Bring the list with you to your medical appointments.
- **Know your numbers:** Keep track of changes related to your blood pressure, weight, blood sugar, and cholesterol level. These numbers can often provide a glimpse into your overall health.
- **Learn more about your health insurance:** Does your health plan cover all the services you need to live safely and independently in your home for as long as possible? Original Medicare may not cover everything you need—look into plans that are designed to help you achieve your goals, and provide a broad spectrum of medical, behavioral health, dental, prescription drug, and social support services.



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