



## ➤ Age gracefully

September

### Get better with age

*Staying active – with both body and mind – is critical to good health as we grow older. But it doesn't happen on its own. You need a good plan first! Here are some things you can do to improve your health as you age:*

- *Stick with healthy habits. Are you exercising regularly and staying at a healthy weight? If you are, great! If not, now is the time to get started. Make sure you see your doctor for regular medical check-ups, too.*
- *Keep your brain busy...and your social life, too! Pick up some new hobbies and pursue interests. Get back in touch with friends and family you haven't seen in a while. Better yet, see if there are any adult classes or activities you might be interested in. You'll get both intellectual and social activity!*
- *Prepare for your financial future. You'll feel more confident about retirement when you plan for it well in advance. Consider talking to a professional about how to carefully manage your investments and assets. It's also a good idea to make sure you have enough insurance coverage.*
- *Make your health a priority. Choose a doctor who specializes in caring for older adults, and make sure your family and your doctor understand your goals. It might be a good idea to write an Advance Directive, which spell out the kind of care you want to receive if you are too sick to express your wishes.*

Source: Cleveland Clinic

### Catch hearing loss early

*For most people, hearing loss is something that gradually gets worse over time. Surprisingly, about 85 percent of people who have it don't seek treatment for it!*

*Some studies have found a link between hearing loss and social isolation, depression, dementia and Alzheimer's disease. That's why knowing the signs is important. When you can hear well, you'll stay more cognitively engaged – that means your brain stays busy!*

*Get your hearing tested occasionally, as well as anytime you think you might be suffering from loss. You should also know the everyday signs of hearing loss, such as:*

- *Muffled speech*
- *Difficulty understanding words*
- *Needing to turn up the volume on your TV or radio*
- *Withdrawal from conversations and social settings*

Sources: Mayo Clinic

### Plan for safe travels

*Oh, the places you'll go! Traveling is one of the many luxuries of retirement. But to stay healthy, you'll need to plan well for any trip, whether across the state or around the world. Take these precautions before you travel:*

- *Talk to your doctor about your travel plans. He or she may suggest a checkup or shots if you plan to travel abroad.*
- *Keep your medications close to you at all times. When flying, pack your medications in a carry-on bag to avoid loss or damage.*
- *Keep pills in their original containers, so you won't get them confused.*
- *To prepare for an emergency, work with your doctor or pharmacist to create a list of your medications, their proper dosages and the times you need to take them.*

Source: Healthonaging.org

Health plans in Washington provided by Moda Health Plan, Inc. 7418571 (9/14)  
\*Health coaching programs may not be included in all benefit plans