



How to stay healthy as you age

Learn what you can do to take care of your health.



Assess your health

Answer the following questions about your health. Then, share your responses with your healthcare provider. Talk about anything that concerns you. Ask if there are things you should change to improve your health.

1. In general, would you say your health is:	Excellent	Good	Fair	Poor
2. In the past 12 months , did you talk with your doctor or other health care provider about your level of exercise or physical activity? For example, your provider may ask if you exercise regularly.	Yes		No	
3. In the past 12 months , did your provider advise you to start, increase or maintain your level of exercise or physical activity?	Yes		No	
4. In the past 6 months , have you experienced leaking of urine (also called urinary incontinence)?	Yes		No	
5. Have you talked with your provider about ways to control or manage urinary incontinence? For example, your provider may suggest bladder training exercises, medication or surgery.	Yes		No	
6. In the past 12 months , did you talk with your provider about falling or problems with balance or walking? For example, your provider may suggest you use a cane or walker, suggest exercises or physical therapy, or vision and hearing tests.	Yes		No	
7. In the past 12 months , have you experienced a fall or had a problem with balance or walking?	Yes		No	

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Your health needs change as you age. Here are a few simple things you can do to stay healthy:

1

Be proactive about your healthcare

- ▶ Get your Medicare Annual Wellness visit
- ▶ Get recommended preventive services and screenings
- ▶ Talk with your doctor about any health concerns

2

Take steps that will prevent falls

- ▶ Keep your home safe and take extra caution
- ▶ Use a walking device to steady yourself, if needed
- ▶ Have your vision and hearing tested
- ▶ Improve your strength and balance

3

Focus on your physical and mental health

- ▶ Do regular physical activity
- ▶ Eat healthy foods
- ▶ Keep your mind active
- ▶ Take part in things you enjoy



Get regular checkups

Stay active and healthy for the best years of your life. See your primary care provider (PCP) for preventive services. As a Summit Health Medicare Advantage member, you have a covered Medicare Annual Wellness visit (once every calendar year) and an Annual Physical Exam (once every calendar year) at no cost to you. Plus, you have covered preventive services. These include routine health screenings and recommended immunizations.

Here are some things to talk to your doctor about during your next office visit:

- ▶ If you have health limits to your daily activities
- ▶ If you often feel down or depressed
- ▶ If you've been injured or feel pain because of a fall
- ▶ If you have problems with balance or walking
- ▶ If you have urine leakage or bladder control problems

Preventive services included at no cost (from in-network providers)*

- ▶ Annual wellness visit
- ▶ Welcome to Medicare visit
- ▶ Cardiovascular disease risk reduction
- ▶ Mammography and PAP testing
- ▶ Colorectal Cancer screening
- ▶ HIV and STI screening
- ▶ Obesity screening and therapy
- ▶ Prostate Screening
- ▶ Screening and counseling to reduce alcohol misuses
- ▶ Screening for lung cancer
- ▶ Smoking and tobacco use cessation counseling

**Please note: a separate cost sharing may apply if additional services are provided.*

We're here for you

For questions about your benefits or help finding and updating your provider, call Summit Health Customer Service at 844-827-2355 (TTY users, dial 711). Our regular office hours are 7 a.m. to 8 p.m., PT, seven days a week, from Oct. 1 to March 31, with the exception of Thanksgiving Day and Christmas Day. (After March 31, your call will be handled by our automated phone system Saturdays, Sundays, and holidays.)

As a Summit Health member, you also have access to a team of member advocates to support your health journey. They can answer questions about health topics like those in this material, help schedule appointments, and refer you to services and community resources. 833-460-0447 or email MemberAdvocateTeam@yoursummithealth.com.

Access the care you need

We want to make sure you are using your benefits and that you have the highest level of care from our network of providers to get the care and prescriptions you need to stay healthy. Your plan includes additional benefits, such as vision, dental, hearing, fitness benefit, health coaching, and discounts for health and wellness services.

To better support you, we want to remind you of the following resources that are available to you at no extra cost:



Access your online Member Dashboard at yoursummithealth.com/memberdashboard to learn more about your added benefits like vision and dental, care teams, tools, resources and more



Search for local in-network providers at yoursummithealth.com/summit-health-provider-search to find a local in-network provider near you



Connect with a doctor 24/7 by text at yoursummithealth.com/cirrusmd



Talk to a registered nurse 24/7, 365 days a year at **800-491-2794**

