



Avoid falls with these simple changes



Falls are a leading cause of injury for older adults, but many are preventable. Two important changes to your home and routine can improve your balance, strength and safety.



Add strength and balance exercises to your routine:

- Strengthen your legs with daily walks and other exercises.
- Improve your balance by standing on one foot near a sturdy chair.
- Join Silver&Fit®, a free fitness program through your coverage.

Don't worry if you have trouble balancing - you can regain it with practice.



Check your home for safety hazards:

- Secure loose rugs, cords and other items you could trip over.
- Add night lights to your bedroom, hallway and bathroom.
- Place items you need within reach so you don't have to stretch.

Try adding one home safety fix and one exercise to your routine this week. They could be the difference between steadying yourself or facing an injury.

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Women have a higher risk of bone fractures due to osteoporosis. Talk to your provider about how to protect your bone health and screening options.

Need to find a provider? Connect with a health navigator at **(855) 801-8967 (TTY: 711)**.

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Free interpretation services are available to you. Additional services and resources necessary to provide information on accessible formats are also available at no cost. Call (877) 509-4979 (TTY: 711) or speak with your healthcare provider. Spanish: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al (877) 509-4979 (TTY: 711) o hable con su proveedor. Oromo: Yoo afaan Oromoo dubbattu ta'e, tajaajilli gargaarsa afaanii bilisaa siniif ni argama. Gargaarsi gargaaraa fi tajaajilli sirrii ta'ee fi odeeffannoo bifa dhaqqabamaa ta'een kennuunis bilisaan ni argama. Bilbilaa (877) 509-4979 (TTY: 711) yookiin dhiyeessaa kee waliin haasa'aa.

If you require large-print materials, please call (877) 509-4979 (TTY: 711).