



Healthy Aging in Retirement







## Establishing Care With a PCP

*A PCP will take care of you when you're sick and help you stay healthy with preventive care*

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Benefits of having a PCP:

- Holds you accountable for health goals
- Manages your health conditions
- Helps coordinates your care
- Better health outcomes

Know when to engage with an internal MD or specialists

*Find a PCP you can talk to, they are your partner in health!*



# Utilize Preventive Care Services

Why is it important to use preventive care services?

- Identify potential health risks early
- Help maintain your health and avoid serious health issues

**Early diagnosis can lead to improved health outcomes**

What constitutes as preventive care?

- Routine check-ups
- Preventive diagnostic tests
- Immunizations

*“An ounce of prevention is worth a pound of cure.”  
– Benjamin Franklin*







# Aging Bones

Stay active (physically & mentally) during retirement

- Reduces the risk of chronic diseases and boost self-esteem

Prevent injuries that keep you from being active

- Focus on low-impact exercises that minimize injury and reduces stress on your joints

Enjoy foods that keep your bones strong

- Foods high in Calcium and Vitamin D







# Mental Health

## Take care of your mental health and wellbeing

- Stay connected with friends and family
- Participate in social activities
- Eat nutritious foods & stay active
- Keep your brain agile
- Relax!

## Recognize the signs of depression

- Persistent sad mood and irritability
- Feeling hopeless and restless
- Loss of interest and appetite
- Decreased energy and feeling fatigue and tired
- Thoughts of death and suicide

*Do things that make you happy and don't be afraid to ask for help when needed!*

