



OLDER ADULTS (60+) HEALTH JOURNEY

STAY STRONG, ON YOUR TERMS.



“I avoided doctors for years. THEN I FOUND ONE WHO ACTUALLY LISTENED. Now I understand why my check-ups matter.”
Rosa, 68, retired and full-time grandma.

Going to a check-up when you feel fine? That's the point. You can catch small things before they become big things. Being healthy keeps you independent and with your family longer.
HERE'S THE TRUTH: Your health provider works for you. You're in charge. They're your support.
 This roadmap is your yearly guide.

START TODAY, NOT MAÑANA.

1 TAKE YOUR FIRST STEPS

- Find a health provider.
- Schedule your yearly checkup.
- Bring this guide with you.

2 NO INSURANCE?

- There is Medicare and other options.
- For resources visit:

Wellness Cultura.org



- Take Care of Your Body: Move it. Feed it well. Rest it.
- Wear sunscreen. Stay close to your people and what gives you peace.

6

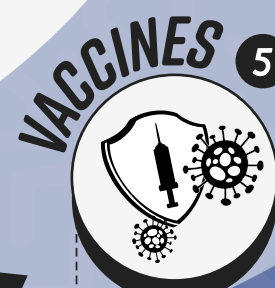


YOUR WHOLE MENTAL HEALTH

- Feeling stressed, worried, or down? That's not weakness, that's life. Talk to your health provider.
- Depression and anxiety can be treated.



- Check-ups and screenings
- Vaccines
- Mental Health
- Lifestyle



- Get your yearly COVID and flu shots.
- Every 10 years: Tetanus, Diphtheria, and acellular Pertussis (Tdap) vaccine



- See your primary care provider and eye doctor every year, your dentist every 6 months, and hearing checks as needed.
 - Bring questions. Bring someone with you that can help. If something doesn't make sense, ask again.
- Know your numbers:
 - Blood pressure, blood sugar, cholesterol, weight. These numbers tell your provider how to keep you healthy.



EVERYONE NEEDS:

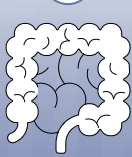
1



Abdominal aorta check (if you've smoked)

A simple ultrasound can save your life.

2



Colon cancer screening (every 10 years)

It catches cancer when it's easiest to treat.

3



Fall risk check

Did you know falls are the #1 reason older adults end up in the hospital?

4



Lung screening (if you smoke or smoked)

5



Memory check

Catching changes early helps you and your family plan.

6



Safety talk

You deserve to feel safe at home.

7



Skin checks

After years in the Texas sun, it matters.

8



Sexually transmitted diseases tests (STD)

Human Immunodeficiency Virus (HIV) and Hepatitis C tests as needed.



FOR WOMEN:

Bladder leakage? tell your health provider, it's treatable

Bone density test at 65

Mammogram and breast exam

Pap test every 5 years until 65

NEW CONVERSATIONS:



FOR MEN:

Prostate screening: talk with your health provider to see if it's right for you

FOR BOTH WOMEN AND MEN:

Go over your medications with your provider on a regular basis.

Plan for future healthcare needs with advance directives.

Talk to your health provider about whether you need an arthritis test.

VACCINES



Get your yearly COVID and flu shots.

Every 10 years: Tetanus, Diphtheria, acellular Pertussis (Tdap) vaccine

STARTING AT 50+:

Shingles vaccine (2 doses)

Pneumonia vaccine (one dose)

Respiratory syncytial virus (RSV) vaccine (if you're at higher risk)

REMEMBER



YOU ARE A GIFT.



YOUR STORIES, YOUR WISDOM, YOUR PRESENCE, THEY ALL MATTER. Every checkup keeps you here longer for the people who need you.



YOU DESERVE A HEALTH PROVIDER WHO LISTENS. You deserve clear answers. You deserve respectful care.

YOU MATTER. YOUR HEALTH MATTERS. YOUR FAMILY NEEDS YOU HERE.



CUT HERE — BRING TO YOUR APPOINTMENT



MY HEALTH CHECKLIST

BASIC CHECKS, STARTING AT 65:

- Aorta check (if smoked)
- Arthritis testing
- Blood pressure, blood sugar, cholesterol, weight
- Colon/skin/lung screening
- Fall risk and memory check
- Hearing and vision
- Safety talk
- Sexually Transmitted Diseases, HIV, and Hepatitis C testing

WOMEN:

- Bone density test
- Mammogram
- Pap test every 5 years until 65

MEN:

- Prostate talk

VACCINES:

- COVID
- Flu
- Pneumonia
- RSV
- Shingles
- Tetanus, Diphtheria, and acellular Pertussis (Tdap) vaccine (every 10 years)

This campaign was made possible by Bexar County.

