

OLDER ADULTS (+60) HEALTH JOURNEY

STAY STRONG, ON YOUR TERMS.

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.



“ ”

“ 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.

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:



3

THE BASICS

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

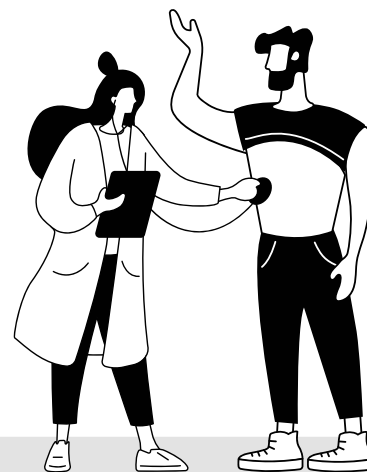


4

CHECK-UPS & SCREENINGS

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, and weight.

These numbers tell your story.



5 VACCINES

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



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.



7 LIVING WELL EVERY DAY

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

STARTING AT 50+ :



Shingles vaccine
(2 doses)



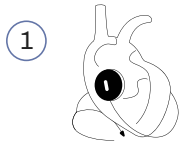
Respiratory syncytial virus (RSV) vaccine
(if you're at higher risk)



Pneumonia vaccine
(one dose)



EVERYONE NEEDS:



1

Abdominal aorta check (if you've smoked)

simple ultrasound can save your life



2

Colon cancer screening (every 10 years)

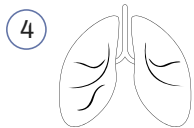
catches cancer when it's easiest to treat



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.

NEW CONVERSATIONS:

FOR WOMAN:



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



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.

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.



MY HEALTH CHECKLIST

BASIC CHECKS, STARTING AT 65::

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

WOMEN:

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

MEN:

- Prostate talk

VACCINES.

- | | |
|------------------------------------|---|
| <input type="checkbox"/> COVID | <input type="checkbox"/> Shingles |
| <input type="checkbox"/> Flu | <input type="checkbox"/> Tetanus, Diphtheria, and acellular Pertussis (Tdap) vaccine (every 10 years) |
| <input type="checkbox"/> Pneumonia | |
| <input type="checkbox"/> RSV | |

This campaign was made possible by Bexar County.

