

# 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:

Wellness  
Cultura.org



3

## *THE BASICS*

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

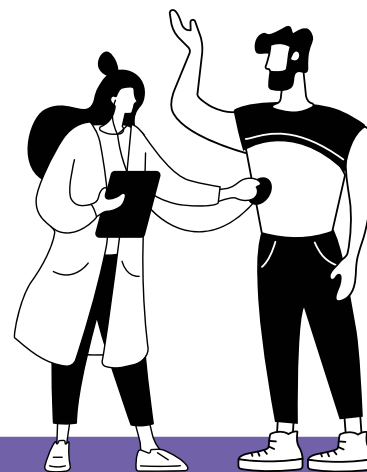


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## *CHECK-UPS & SCREENINGS*

**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)



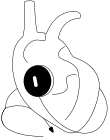



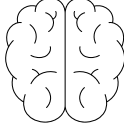



Respiratory syncytial virus (RSV) vaccine  
(if you're at higher risk)



Pneumonia vaccine  
(one dose)







## EVERYONE NEEDS:

-  **Abdominal aorta check (if you've smoked)**  
simple ultrasound can save your life
-  **Colon cancer screening (every 10 years)**  
catches cancer when it's easiest to treat
-  **Fall risk check**  
did you know falls are the #1 reason older adults end up in the hospital?
-  **Lung screening (if you smoke or smoked)**
-  **Memory check**  
Catching changes early helps you and your family plan.
-  **Safety talk**  
you deserve to feel safe at home
-  **Skin checks**  
after years in the Texas sun, it matters
-  **Sexually transmitted diseases tests (STD)**  
Human Immunodeficiency Virus (HIV) and Hepatitis C tests as needed.


## NEW CONVERSATIONS:

### 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



### 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.

