HEALTH CONFIANZA
Health Begins with Confianza

OLDER ADULTS (60+) HEALTH JOURNEY

STAY STRONG, ON YOUR TERMS.

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: WellnessCultura.org

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.

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.

> **"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.

3 THE BASICS

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

5 VACCINES

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

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, 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.

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.





VACCINES

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

STARTING AT 50+:

- Shingles vaccine (2 doses)
- Respiratory syncytial virus (RSV) vaccine (if you're at higher risk)
- Pneumonia vaccine (one dose)



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, Diptheria, and acellular Pertussis (TDaP) vaccine (every 10 years)

This campaign was made possible by Bexar County.

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