



PREVENT FALLS

Assess your risk • Talk with your doctor • Create a plan • Put it into action

| Check “Yes” if you experience this even sometimes | Yes | Talk with your doctor about: |
|---|-----|---|
| Have you fallen in the last six months? | | <ul style="list-style-type: none"> • When and how you fell |
| Do you take four or more prescription or over-the-counter medications daily? | | <ul style="list-style-type: none"> • A schedule to review medications with your doctor • The side effects you might experience |
| Do you have difficulty walking or standing? | | <ul style="list-style-type: none"> • What makes it difficult for you to walk or stand • Pain, aching, soreness, stiffness, weakness, swelling, or numbness in your legs or feet |
| Do you use a cane, walker, or crutches? | | <ul style="list-style-type: none"> • Any difficulty you have using the equipment • How to learn to use the equipment better |
| Do you have to use your arms to stand up from a chair? | | <ul style="list-style-type: none"> • Exercises to strengthen your leg and arm muscles |
| Do you ever feel unsteady on your feet, weak, or dizzy? | | <ul style="list-style-type: none"> • Unsteadiness, weakness or dizziness you have • Whether your medications may cause the problem • The need to get up from sitting or lying down slowly |
| Has it been more than two years since you had an eye exam? | | <ul style="list-style-type: none"> • How often you should have your eyes examined |
| Has your hearing gotten worse with age, or have you been told you have a hearing problem? | | <ul style="list-style-type: none"> • Any hearing problems you notice or have been told about • How often you should have your hearing examined • How you can best use hearing aids, if recommended |
| Do you usually exercise less than two days a week? | | <ul style="list-style-type: none"> • Your goals for increasing activity, including improving strength and balance • Your doctor’s recommendations on amount and kinds of exercise for you |
| Do you drink any alcohol daily? | | <ul style="list-style-type: none"> • The amount of alcohol you drink • Your doctor’s recommendations on amount of alcohol that is safe/healthy for you, especially considering the medications you take |
| Do you have more than three chronic health conditions (such as heart or lung problems, diabetes, high blood pressure, arthritis, etc.)? | | <ul style="list-style-type: none"> • Health changes that cause weakness or illness • Any questions or concerns you have with keeping your appointment schedule • Staying healthy and active with your health condition |

Start today!

3 ways you can reduce your risk of falling

1. Exercise regularly.

Exercise is one of the most important ways to lower your chances of falling. It makes you stronger. Consider exercises that improve balance and coordination, like Tai Chi.



2. Eat a well-balanced, nutritious diet.

Picture a healthy plate as a guide for each meal. Half of the plate is filled with vegetables and fruit, one quarter with grains, one quarter with protein and an eight-ounce side of dairy.



3. Fall-proof your home.

About half of all falls happen at home.

To make your home safer:

- Keep stairs and hallways clear of papers, books, shoes, or anything you can trip on.
- Install grab bars next to the toilet and in the tub or shower. Use non-slip mats in the tub and shower.
- Remove small throw rugs.
- Keep frequently used items close at hand in cabinets and shelves to avoid extreme stretching, bending over or using a step stool.
- Be sure your home has good lighting.
- Keep your pet away from your feet and be mindful of leashes and toys.
- Install handrails and lights on all staircases.
- Wear good fitting shoes both inside and outside the house.
- If possible, paint the bottom step of staircases your favorite bright color.



Avoid Falling Into These Statistics!

60%

end up in a nursing
home or rehabilitation
center

28%

experience a hip
fracture

11%

suffer a traumatic
brain injury

We're here to help!

MVP offers wellness and exercise classes throughout the year to help keep you in shape to avoid the risk of falling:

Read your most recent *Living Well* newsletter for upcoming dates.

Go online at www.mvphealthcare.com. Click on *Live Healthy* and then *Health Promotion Activities* to see upcoming classes in your area.

Look for a SilverSneakers® Fitness location near you if you can't make it to an MVP class. Go to www.silversneakers.com and use the *Find a Participating Fitness Location Near You* option at the top of the home page.

For more information about MVP's Fall Prevention classes:

Call the MVP Medicare Customer Care Center:

1-800-665-7924

TTY: 1-800-662-1220

Monday - Friday, 8 am to 8 pm,
Saturday from 8 am to 4 pm Eastern Time.
From October 1 - February 14, call seven days a week from 8 am - 8 pm.

Visit us online at www.mvphealthcare.com.



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