



Starting the New Year Right

January 2019

Senior Management Services

Start the new year off right with this aging wisely checklist! Here's a simple list of things you can do to stay healthy, physically, emotionally, and financially.

Consider these tips for both you and your older loved ones.

1. Talk to your doctor about the preventative care screenings and services you should get in 2019. Schedule your wellness exam and any necessary screenings. Talk to your doctor about your medications and ask for a review to eliminate any unnecessary ones. Medicare B provides 100% coverage for many preventative care services. Check out Medicare's Preventative Services page for a complete overview.

Screening and preventative care that is covered includes:

- Abdominal aortic aneurysm screening
- Alcohol misuse screenings & counseling
- Bone mass measurements (bone density)
- Cardiovascular disease screenings
- Cardiovascular disease (behavioral therapy)
- Cervical & vaginal cancer screening
- Colorectal cancer screenings
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
- Glaucoma tests
- HIV screening
- Mammograms (screening)
- Nutrition therapy services
- Obesity screenings & counseling
- One-time "Welcome to Medicare" preventive visit

Prostate cancer screenings
Sexually transmitted infections screening & counseling
Shots:
Flu shots
Hepatitis B shots
Pneumococcal shots
Tobacco use cessation counseling
Yearly “Wellness” visit

2. Did you get your vaccinations? As mentioned above, Medicare covers flu and pneumonia shots. Flu season usually begins in Fall and peaks in January/February. If you have not received the flu shot, talk to your doctor about getting it and you may still avoid the peak risk. Put a reminder on your calendar to check into getting the flu shot this coming fall so you don't miss it. If you have not had a pneumonia vaccine (recommended for all adults 65+ and some younger adults with certain conditions), check with your doctor.

3. Schedule a review visit with your attorney and financial advisor. Have you had any major life changes? Are all your documents up-to-date? Discuss how often you should have a review.

4. Do a home safety/clutter sweep. Reduce unnecessary clutter, organize and ensure key items are accessible, remove throw rugs and obstacles in your walking path. Check your driveway and sidewalk for uneven pavement and consider getting someone to cut back overgrown trees or bushes. If there's an area you are having trouble managing, find a tool to help or consider hiring someone to assist.

**For additional information about eldercare, please contact Quest at
1-800-364-6352**

Starting the New Year Right:

<https://www.agingwisely.com/starting-the-new-year-right-aging-wisely-in-2015/>