

**Name:** 24 AGM-0430 Email Newsletter 7 Preventing falls can keep you feeling good  
**Subject:** The hidden dangers of falling  
**Preheader:** Inside: what you need to know about fall prevention, .

Trouble viewing this? [Read it online.](#)

## Important health and wellness information



## Preventing falls can keep you feeling good

As we get older, it can be difficult coming to terms with our increased risk of falling. However, by acknowledging this risk and taking a few simple precautions, you can avoid consequences like:

- Injury and hospitalization
- Fractures, especially to the hip or forearm
- Temporary or permanent loss of independence

Here are some things you can do to lower your risk.



### Talk with your doctor

Don't be afraid or embarrassed to open up to your provider about what you're experiencing. They are here for you and can help identify risk factors such as medications with side effects, like dizziness.



### Get moving

Regular or moderate exercise can significantly lower your risk of falls.



### Check your vision

Make sure you schedule routine eye exams even if you don't wear glasses already. And always make sure your prescription lenses are up to date.



### Go nonslip

Make sure to use nonslip mats in slippery areas such as bathtubs. Keep items in lower, easy-to-reach cabinets, so you avoid having to use a step ladder or stool. By taking these precautions, you can help lower your risk of falls and injuries.

**Avoid falls at home**

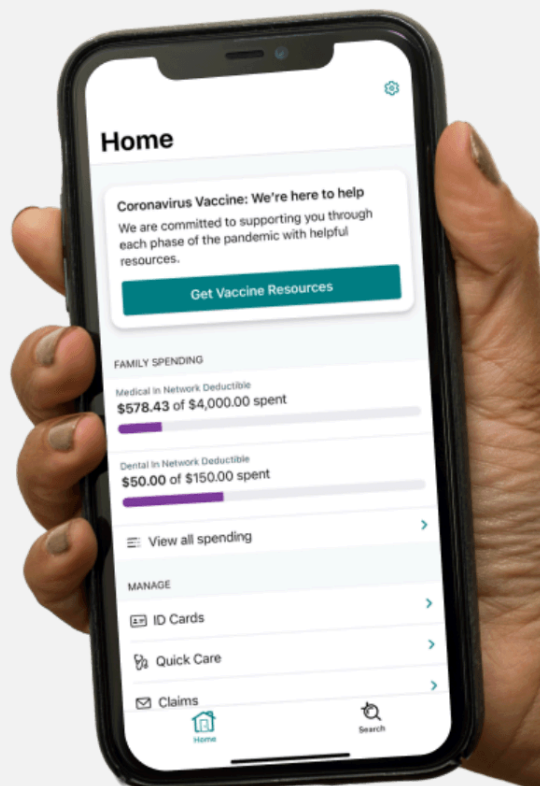
## Make life easier—keep your contact information up to date

The simplest way to avoid delays and mix-ups when it comes to your health care is making sure your former employer has your current contact information. Have you recently changed your email, phone number or home address? Let them know right away. **Contact your former employer today!**

## Resources For Living® can make life easier

Resources For Living puts you in touch with people and places to help you manage life's everyday hurdles. It's no additional cost to you and part of your Aetna plan.

[Find help today.](#)



See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. Resources For Living is the brand name used for products and services offered through the Aetna group of subsidiary companies.

### Help/contact us:

If you have any questions, please [contact us](#).

**It's your choice:** Want to stop receiving messages like these through email? [Unsubscribe](#) at any time.

We are located at 151 Farmington Avenue, Hartford, CT 06156.

[AetnaRetireePlans.com](#)

[Privacy Information](#) | [Terms of Use](#) | [Fraud & Abuse](#) | [About Us](#)

©2024 Aetna Inc.  
Y0001\_GRP\_3543770\_2024\_C  
3535760-07-01 (06/24)

**Name:** 24 AGM-0430 Email Newsletter 7 Preventing falls can keep you feeling good  
**Subject:** The hidden dangers of falling  
**Preheader:** Inside: what you need to know about fall prevention, .

Trouble viewing this? [Read it online.](#)

## Important health and wellness information

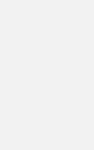


# Preventing falls can keep you feeling good

As we get older, it can be difficult coming to terms with our increased risk of falling. However, by acknowledging this risk and taking a few simple precautions, you can avoid consequences like:

- Injury and hospitalization
- Fractures, especially to the hip or forearm
- Temporary or permanent loss of independence

Here are some things you can do to lower your risk.



## Talk with your doctor

Don't be afraid or embarrassed to open up to your provider about what you're experiencing. They are here for you and can help identify risk factors such as medications with side effects, like dizziness.



## Get moving

Regular or moderate exercise can significantly lower your risk of falls.



## Check your vision

Make sure you schedule routine eye exams even if you don't wear glasses already. And always make sure your prescription lenses are up to date.



## Go nonslip

Make sure to use nonslip mats in slippery areas such as bathtubs. Keep items in lower, easy-to-reach cabinets, so you avoid having to use a step ladder or stool. By taking these precautions, you can help lower your risk of falls and injuries.

**Avoid falls at home**

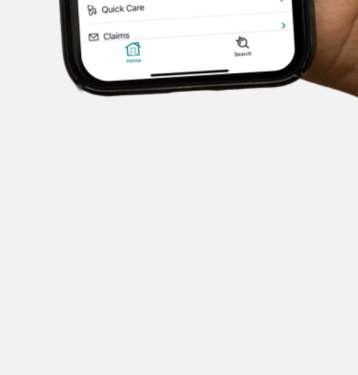
# Make life easier—keep your contact information up to date

The simplest way to avoid delays and mix-ups when it comes to your health care is making sure your former employer has your current contact information. Have you recently changed your email, phone number or home address? Let them know right away. **Contact your former employer today!**

## Resources For Living® can make life easier

Resources For Living puts you in touch with people and places to help you manage life's everyday hurdles. It's no additional cost to you and part of your Aetna plan.

[Find help today](#)



See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. Resources For Living is the brand name used for products and services offered through the Aetna group of subsidiary companies.

**Help/contact us:** If you have any questions, please [contact us](#).

**It's your choice:** Want to stop receiving messages like these through email? [Unsubscribe](#) at any time.

We are located at 151 Farmington Avenue, Hartford, CT 06156.

[AetnaRetireePlans.com](#)

[Privacy Information](#) | [Terms of Use](#) | [Fraud & Abuse](#) | [About Us](#)

©2024 Aetna Inc.  
Y0001\_GRP\_3543770\_2024\_C  
3535760-07-01 (06/24)