

# Stay active to **prevent falls**, and discuss an **exercise or fall prevention plan** with your doctor

## **Aetna and SilverSneakers<sup>®</sup> are here to help**

Your safety and well-being are very important to Aetna. Below is information that may help you reduce your risk of falling and guide a discussion about exercise and fall prevention with your doctor.

Each year, millions of adults aged 65 and older (one out of three) fall. Twenty to 30 percent of people who fall suffer moderate to severe injuries such as lacerations, hip fractures and head traumas.<sup>1</sup> In many cases, those who have fallen have a hard time recovering and their overall health declines.<sup>2</sup> **There are things you can do to help prevent falls.**

- Have your doctor review all your medicines. Some medicines or combinations of medicines – even over-the-counter ones – may cause dizziness or loss of balance. Your doctor can help identify any problems with medicines you take.
- Have your vision checked and update your eyeglasses if needed. It's important to be able to see where you walk to avoid any possible tripping hazards.
- Make your home safer. Proper lighting, secured rugs, handrails on stairways, and lack of clutter are some of the ways to ensure your home is safe.
- Exercise to improve your balance and strength.<sup>3</sup>

**Make an appointment with your doctor to discuss an exercise or fall prevention plan** so you can continue to enjoy daily activities and a full social life.

One way to get the exercise you need is to participate in the **SilverSneakers<sup>®</sup>** fitness program. Because you're an Aetna member, SilverSneakers is available at **no extra cost** to you. SilverSneakers gives you:

- A fitness membership with access to more than 13,000 locations\*, including all the basics plus SilverSneakers classes

<http://www.aetnamedicare.com>

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- SilverSneakers FLEX™ classes such as tai chi and yoga in your favorite neighborhood locations
- A member website for looking up fitness locations and SilverSneakers FLEX classes, reading inspiring stories from other SilverSneakers members, and more

For more information, visit [silversneakers.com](http://silversneakers.com) or call **1-888-423-4632 (TTY: 711)**, Monday through Friday, 8 a.m. to 8 p.m. ET. Be sure to check with your doctor before starting SilverSneakers or any exercise program.

**Take charge of your health. Schedule an appointment to talk with your doctor, and get active with SilverSneakers!**



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**aetna**®

\*At-home kits are offered for members who want to start working out at home or for those who can't get to a fitness location due to injury, illness or being homebound.

Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Our dual-eligible Special Needs Plan is available to anyone who has both Medical Assistance from the state and Medicare. 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. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits may change on January 1 of each year.

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1. [www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html](http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html) Accessed 2/24/2015.
2. [www.stopfalls.org/what-is-fall-prevention/fp-basics/](http://www.stopfalls.org/what-is-fall-prevention/fp-basics/) Accessed 2/24/2015.
3. [www.cdc.gov/homeandrecrationalafety/pdf/falls/WhatYouCanDoToPreventFalls8.5x11.pdf](http://www.cdc.gov/homeandrecrationalafety/pdf/falls/WhatYouCanDoToPreventFalls8.5x11.pdf) Accessed 2/24/2015.

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