

SENIOR HEALTH TOPICS: HEALTHY LIVING

Age Strong! Live Long!

Americans are living longer and healthier than ever! Our senior population is nearly 38 million strong, or 1 in 8 Americans, and is projected to grow to 54.8 million by 2020.¹

Prevention is key to protecting your health and living a long life. Take these preventive measures recommended for seniors:

- ✓ **Get a shot every flu season.**
- ✓ **Get vaccinated against pneumonia.**
- ✓ **Obtain regular colorectal cancer screenings.**
- ✓ **For women, get an annual mammogram.**

Best of all, if you're on Medicare, these preventive services won't cost you anything out of pocket! Be sure to talk to your doctor about the immunizations and screenings that are best for you.

Visit www.ohiokepro.com or www.medicare.gov for more information about Medicare-covered services.

¹Administration on Aging. A profile of older americans: 2009. January 2010. Available at www.aoa.gov. Accessed April 23, 2010.

Resources for healthy living:

- **Ohio KePRO**
Medicare Quality Improvement Organization for Ohio
www.ohiokepro.com
- **Medicare.gov**
Official government site
www.medicare.gov
- **Healthy Aging**
Health information for older adults
www.cdc.gov/aging
- **Women's Health**
Federal government source for women's health information
www.womenshealth.gov

