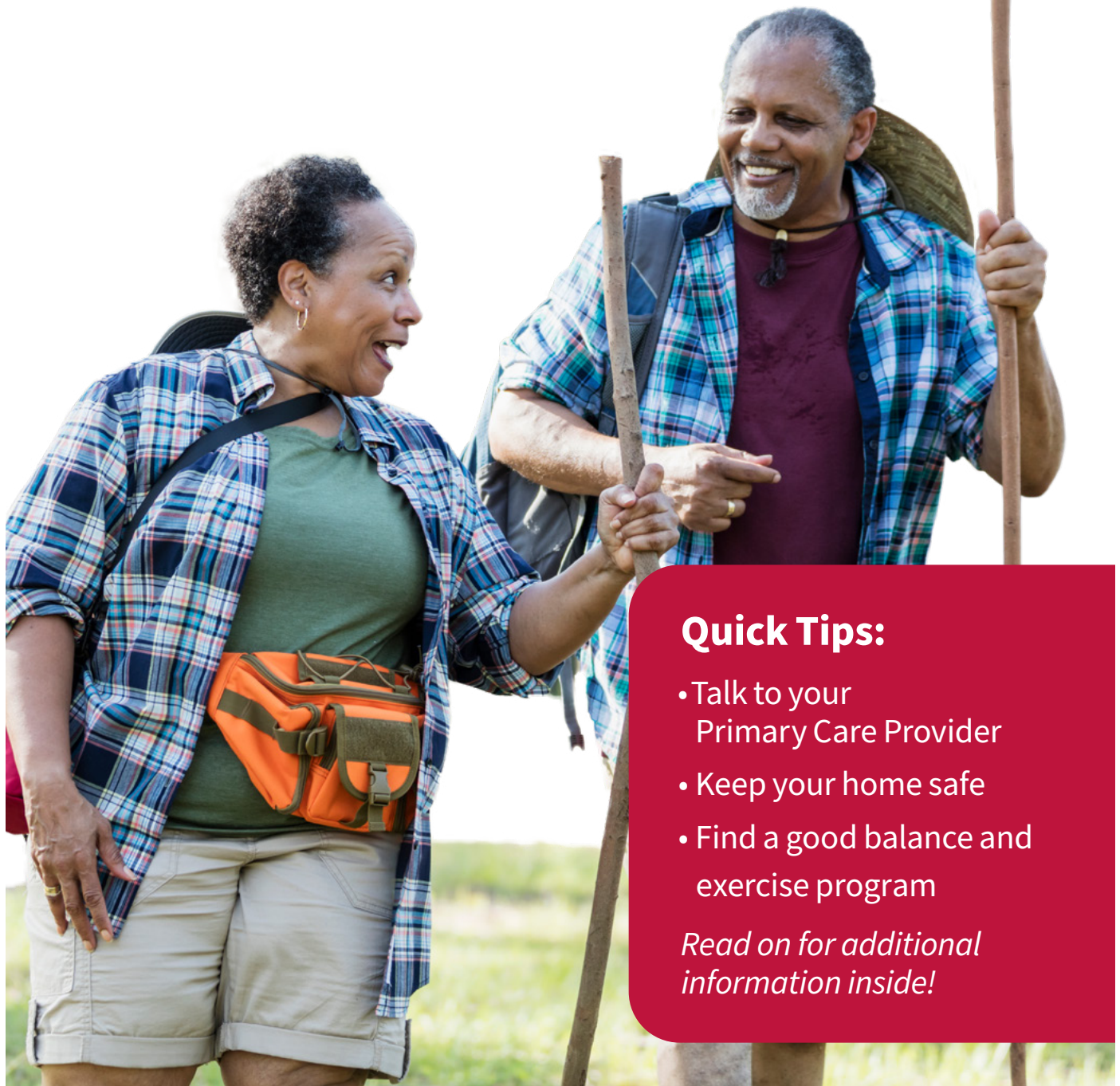


Take Control and Prevent Falls



Quick Tips:

- Talk to your Primary Care Provider
- Keep your home safe
- Find a good balance and exercise program

Read on for additional information inside!

Start today!

Make decisions and take action to stop slips, trips, and falls.

Falls are serious.

Don't fall into these statistics:

- Every 11 seconds, an older adult is treated in the emergency room due to a fall
- Falls are the most common cause of traumatic brain injuries
- There are over 800,000 hospitalizations each year due to falling

Source: *The Centers for Disease Control and Prevention, 2017*



Fall Prevention Checklist

At Home

- Remove throw rugs.
- Turn the lights on.
- Make sure electrical cords are along a wall.
- Remove clutter on stairs and in hallways.
- Install handrails where needed.
- Move frequently used items to eye level in cabinets and on shelves.
- Keep pets away from your feet when standing or walking.
- Make a plan for snow removal and de-icing during winter months.

For Active Self-Care

- Slow down!
- Never walk with both hands full, especially on stairs.
- Stay physically active to improve strength and balance.
- Schedule regular vision and hearing exams.
- Wear properly fitting shoes inside and outside.
- Change plans or use extra caution on extreme weather days.
- Use support, if needed, such as a cane or walker.

Develop a successful, no-fall strategy!

Assess your risk and create a plan with your health care provider using this conversation guide. Check each statement that is true, even if it's only true sometimes, before reviewing it with your health care provider.

- I have a fear of falling.**
Discuss how often you avoid certain activities or going places as a result of your fear of falling.
- I have fallen in the past six months.**
Discuss when and how you fell, and how to prevent it from happening again.
- I take four or more medications daily.**
Discuss all of the medications you take, including over-the-counter drugs and supplements, and possible side effects or bad drug interactions.
- I have felt unsteady, weak, or dizzy.**
Discuss the nature of your unsteadiness, weakness, or dizziness; and how medications may play a role.
- I have difficulty walking or standing.**
Discuss exercises to strengthen your leg and arm muscles.
- More than two years has passed since my last eye exam.**
Discuss how often you should schedule an eye exam.
- My hearing is worsening or I have been told there is a problem.**
Discuss any hearing problems you notice or have been told about, how often you should schedule a hearing exam, and/or how you can best use hearing aids, if recommended.
- I have more than three chronic health conditions (i.e. heart, lung problems, diabetes, high blood pressure, or arthritis).**
Discuss health changes that cause weakness or illness, and how to care for yourself when you're living with a chronic condition.
- I have dietary concerns about vitamin D and calcium levels necessary for bone health.**
Discuss how you can supplement your diet to include these vitamins to promote healthy bones.
- I drink alcohol regularly.**
Discuss the amount of alcohol you drink, recommendations for an amount of alcohol that is safe for you, especially considering the medications you take.
- I experience urinary incontinence or difficulty controlling my bladder.**
Discuss how rushing to the bathroom can lead to falls, and what could be causing your loss of bladder control, and potential exercises, medications, or other treatments that can help.

Well-being resources to help you with fall prevention.

MVP Living Well programs and classes, offered virtually and in-person (for select regions), provide educational opportunities and physical activity programs that can help you build balance, stability, and confidence. Visit mvphealthcare.com/calendar for schedules of classes and programs.

Stay healthy, fit, and connected with SilverSneakers! MVP Medicare members have access to thousands of gyms and fitness centers nationwide. You can also access a full library of On-Demand videos and LIVE online classes. SilverSneakers partners with GetSetUp so you can choose from hundreds of peer-led classes on a variety of topics. Visit SilverSneakers.com/Locations to find a location near you.

Your quarterly over-the-counter (OTC) allowance through Nations Benefits can be used to purchase eligible OTC items to help improve bathroom safety and reduce your risk of falling. For more information visit mvp.nationsbenefits.com.

MVP Health Plan, Inc. complies with Federal civil rights laws. MVP Health Plan, Inc. does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including sexual orientation and gender identity).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-844-946-8010** (TTY 711).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-844-946-8010** (TTY 711)。

GetSetUp is a third-party provider and is not owned or operated by Tivity Health, Inc. ("Tivity") or its affiliates. Users must have internet service to access online services. Internet service charges are the responsibility of the user.

2024 NationsBenefits, LLC. and NationsOTC, LLC. NationsOTC is a registered trademark of NationsOTC, LLC. All other marks are the property of their respective owners.

SilverSneakers is a registered trademark of Tivity Health, Inc. ©2024 Tivity Health, Inc. All rights reserved.

Healthyroads is a registered trademark of American Specialty Health, Inc. and used with permission herein.

Information in this brochure does not constitute as medical advice. If you have questions about your health, talk to your doctor.

The Medication Therapy Management Program connects you with a pharmacist over the phone to review all of the medications you take to make sure they are not affecting your balance. Call **1-866-942-7754** to schedule an appointment that is convenient for you.

Be Well Rewards

Earn a \$100 reward card after you complete your Annual Wellness Visit with your Primary Care Provider.

For more information about *Be Well Rewards*, sign in to Gia at my.mvphealthcare.com, select *Well-Being*, and then *Be Well Rewards*.

Questions?

We are here to help.

Please call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711). If you have an MVP DualAccess plan, call **1-866-954-1872** (TTY 711).

October 1–March 31, call seven days a week, 8 am–8 pm Eastern Time.
April 1–September 30, call Monday–Friday, 8 am–8 pm Eastern Time.

