

Talk to your doctor about these important topics



Avoid injuries from falls

Falls don't have to be a normal part of aging. Be sure to discuss any changes to walking and balance to determine if there is an issue.



Mental health

Don't let emotional or mental health concerns stop you from reaching your unique potential.



Stay active

On top of the physical health benefits, movement can help improve your emotional and mental well-being. For example, being active can help reduce stress and improve your sleep.



Urinary incontinence

Talking openly about any changes in bladder control helps your doctor gain a more complete picture of your overall well-being and ability to continue daily activities.

We're here to help

If you have any questions or want help scheduling an appointment, call the Customer Service number on the back of your member ID card.