

## STAYING HEALTHY

**HEART DISEASE**  
is the  
**#1 CONDITION**  
in older adults

Most older  
adults have  
**SEVERAL  
CHRONIC  
CONDITIONS**

**PLAN  
FOR THE  
FUTURE**

Know your blood pressure



Be active every day.  
Don't let getting older stop you!

Connect with others



Bring a list of all your  
medications and review it  
at every health visit

After a setback, physical therapy  
or cardiac rehab can help  
you get moving again



Ask for help if you are depressed,  
lonely or have trouble with daily tasks

Set your care goals  
& share them with  
your loved ones



- ✓ Talk about your end-of-life wishes
- ✓ Plan for when you may not be able to care for yourself or others

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

For more information, visit [WMCHealthAPS.com/Heart](http://WMCHealthAPS.com/Heart)