

Put Your Health First

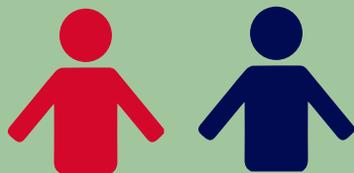
**AT
EVERY
AGE**

Less than 1/2

of adults over age 65 get regular physical activity.



Make time for physical activity, healthy eating, relaxation, and sleep.



Less than 50%

of adults over age 65 are up to date on the preventive services they need.*

Talk with your health care provider to find out which preventive services you need.

*Centers for Disease Control and Prevention (2014).

Learn more about what you can do to stay healthy.



Share what you learn with family & friends.



Learn More!

www.medicare.gov

Are you a caregiver?

Find out which preventive services are right for your loved one and for you on healthfinder.gov.



Health Insurance Marketplace