

Dear member:

We care about your health and well-being, and as we age, sometimes changes occur. To help you navigate these new changes and manage your health, we have included some helpful talking points that can be used when you visit your doctor. Additionally, we also have a health library available for you at no additional cost.

Please visit blueshieldca.com/be-well/conditions-care-programs, and use the search bar to look for a variety of health topics and conditions.



Physical health

- Review medications with your doctor
- Talk with your doctor about changes to your physical well-being
- Report any pain or discomfort
- Ask about tips to improve your overall health and well-being

Mental health

- Unable to shake feeling depressed for an extended period, talk with your doctor or mental health counselor. Depression can happen because of other illnesses and increase your risk for heart disease
- Talk with your doctor to find out more about depression and symptoms for older adults
- Report any changes in mental health status (anxiety, depression, etc.)

Physical activity

- Talk with your doctor about an exercise program that fits your needs
- Check to see if your health plan has a fitness program like SilverSneakers®
- Find out about your body mass index, which is calculated from your weight and height and is an indicator of body fat. Keeping a healthy weight and eating well can help you stay healthy

Fall prevention

- Report any falls or balance issues
- Ask about balance training resources or educational materials
- Ask your doctor if you need a bone density test or over-the-counter calcium supplements to help maintain strong bone health

Bladder control

- Report urine leakage to your doctor and include how often the occurrence is
- Review medications and treatment options with your doctor
- Ask about bladder exercises that may help strengthen your pelvic area



For more help and resources, visit blueshieldca.com/medicare. You can also call Customer Service at the number on your member ID card. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2024 Tivity Health, Inc. All rights reserved.

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