



# Avoid Falling

**A fall could cause serious injury. Use these tips to help reduce your risk of injury.**

- **Increase your physical activity**

Take advantage of your plan's fitness benefit. Learn how to start exercising and stick to it with your plan's Forever Well Program.

- **Check your vision**

Your plan may cover annual eye exams for \$0 or a low co-pay.

- **Know your medications**

If they cause side-effects such as dizziness or sleepiness, talk with your doctor or pharmacist. They could adjust your dose or medication to reduce side effects.

- **Upgrade your surroundings**

Improve areas with poor lighting, secure loose rugs or cords, and wear anti-slip footwear.

- **Plan your walk**

Think about your walking path and be cautious in unknown areas.



To learn more about how your plan benefits may help you in fall preventions, call Customer Service at the toll-free number on the back of your member ID card.

## A UnitedHealthcare® Medicare Solution

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premium and/or co-payments/co-insurance may change on January 1 of each year.

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your health plan ID card or plan documents.

### Español (Spanish)

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

### Tagalog (Tagalog)

May karapatan kang makakuha ng tulong at impormasyon sa sinasalita mong wika nang libre. Upang humiling ng interpreter, tawagan ang toll-free na numero ng telepono para sa miyembro na nakalista sa iyong ID card sa planong pangkalusugan o sa mga dokumento ng plano.