



Get Vaccines and Screenings

Vaccines help prevent disease. Screening tests help find diseases early. The schedules shown here are standard. Your HCP may suggest changes based on your age, risk factors, and other issues.

For Everyone	
Vaccine	When and How Often
Hepatitis A, B	One series of 2 or 3 shots.
Herpes zoster (shingles)	Age 60+: 1 shot.
HPV	Ages 9 to 26: one series of 3 shots.
Influenza	Every year.
Measles, mumps, rubella (MMR)	Talk to your HCP.
Pneumococcal	Once at age 65, again as needed.
Tetanus, diphtheria, pertussis	Once, then a booster every 10 years.
Varicella (chickenpox)	One series of 2 shots, 4 weeks apart.

Learn more about vaccines at www.vaccines.gov.

For Everyone	
Screening/Exam	When and How Often
Blood pressure	At least every 2 years.
Cholesterol	At least every 4 to 6 years.
Colorectal cancer	Age 50+: Talk to your HCP.
Diabetes	Talk to your HCP.
Osteoporosis	Age 65+ (women) or age 70+ (men). Talk to your HCP.

For Women	
Screening/Exam	When and How Often
Chlamydia	Up to age 25 (if sexually active): Every year. Age 26+: Talk to your HCP.
Clinical breast exam	Ages 20 to 39: Every 1 to 3 years. Age 40+: Every year.
HPV	Talk to your HCP.
Mammogram	Age 40+: Every 1 to 2 years.
Pap test	Ages 21 to 29: Every 3 years, or talk to your HCP. Ages 30 to 64: Every 3 years, or every 5 years with an HPV test. Age 65+: Talk to your HCP.

For Men	
Screening/Exam	When and How Often
Prostate cancer	Age 50+: Talk to your HCP.

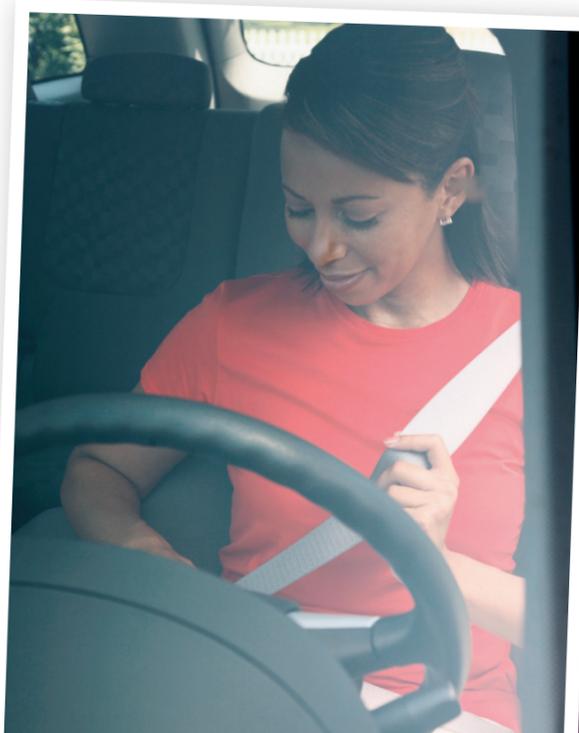
Avoid Accidents

Try these simple ways to prevent injury in your day-to-day life.

Car Safety

It's easy to forget that car accidents often cause injuries. Make sure you arrive at your destination safely.

- Always wear a seat belt. Make sure your passengers do too.
- Don't drive if you have been drinking alcohol.
- Don't drive after taking medication that could make you drowsy.
- Don't drive when you are tired.
- Put your mobile phone away unless you're parked.



Home Safety

To make your home safer:

- Install smoke detectors on every floor. Also place them near each bedroom. Replace batteries often. Check smoke detectors and fire extinguishers once a month.
- Install carbon monoxide detectors near sleeping areas.
- Use heavy fire screens in front of fireplaces.
- When cooking, use back burners. Keep pot handles turned in toward the wall.
- If you have firearms in your house, keep them unloaded and locked up. Store firearms and ammunition in different places.



Prevent Falls

- **Install plenty of lighting.** Put light switches at the top and bottom of stairs. Use night-lights in halls, bedrooms, and bathrooms.
- **Remove tripping hazards.** Don't leave objects on the stairs. Fasten down or remove throw rugs and exposed power cords. Mop up spills right after they happen.
- **Have something to hold onto.** Install safety grab bars in showers and bathtubs. Add handrails to both sides of stairs.

Control Infections

Avoid illness with these health habits.

Hand Hygiene

Washing hands removes germs. You have to do more than a quick rinse, though. Here's how to wash your hands well:

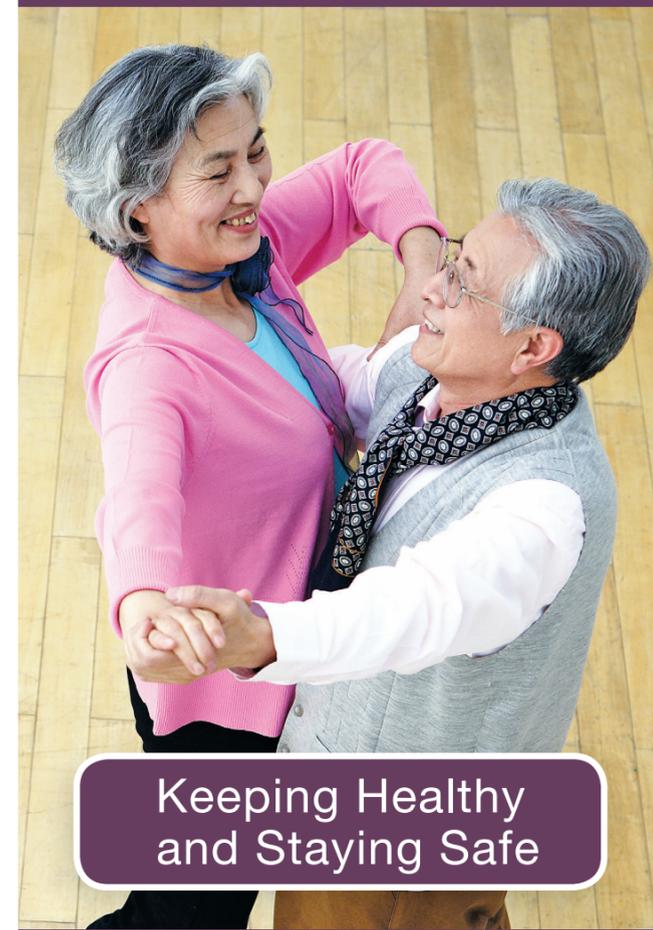
- Use warm water and plenty of soap. Work up a good lather. Don't just wipe—rub well.
 - Clean your whole hand. Clean under your nails, between your fingers, and up your wrists.
 - Lather for at least 20 seconds. This is as long as it takes to sing "Happy Birthday to You" twice.
 - Rinse your hands well. Let the water run off your fingertips, not up your wrists.
- Alcohol-based hand sanitizers are good when you can't wash your hands.

Avoid Spreading Illnesses

These tips help prevent spreading germs.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose, and mouth.
- Clean objects you touch often, such as keyboards. Alcohol-based cleaners help wipe away germs.

TOTAL HEALTH



Keeping Healthy
and Staying Safe

Also available in Spanish

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Get Regular Exercise

Exercise helps you stay healthy. It lowers your risk for many illnesses. It can also help you feel better in general. Adding just a little more activity to your daily life is good for your health.

What Kind of Exercise?

Aerobic exercise raises your heart rate. It makes you breathe a little harder. This provides many health benefits. Aerobic exercise uses the large muscles in your arms, legs, and back. Some examples include:

- Biking
- Brisk walking
- Swimming
- Group exercise classes

Strengthening exercise builds muscles by giving them work to do. It uses hand weights or stretch bands. It includes pushups and sit-ups. Do these exercises twice a week.

Stretching exercise loosens muscles and joints. Stretching may help make movement feel easier.



How Much Exercise?

To improve your health:

- Aim to do 150 minutes of aerobic exercise a week (that's 30 minutes, 5 days a week).
- Spread out your active time through the week.
- Break exercise into sessions as short as 10 minutes.
- Don't sit for longer than 90 minutes. After that time, get up and move around for a few minutes.

Exercise Safety

These tips will help you stay safe:

- Start slowly. Gradually exercise for longer or more often. As you get stronger, you can begin to work a little harder.
- Wear the right shoes, clothes, and safety gear for your activity.
- If you exercise outside, stay a safe distance from traffic. Make sure that you can be seen by drivers.
- Dress for the weather.

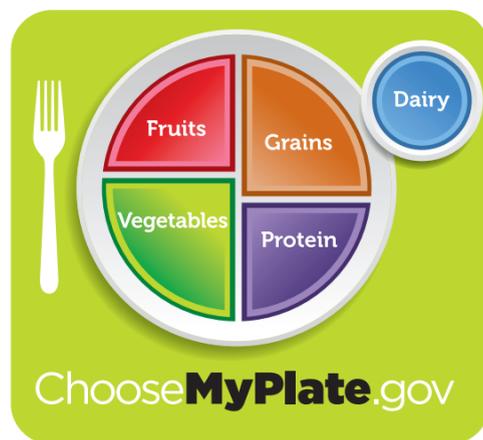


Eat Right

What you eat affects your health. So does how much you eat. Healthy food choices can help you get all the nutrients you need. It can also help prevent illness.

Good Nutrition

MyPlate can help you choose the best types and right amounts of foods to eat. To follow the MyPlate guidelines, fill half your plate with vegetables and fruits. Split the other half between whole grains and protein. Visit www.choosemyplate.gov to get your own eating plan.



Healthy Weight

Being at the right weight makes you less likely to have serious health problems. These include heart disease, diabetes, and some types of cancer. Talk to your healthcare provider (HCP) about a healthy weight for you. To help control weight:

- Use a food diary. Tracking what you eat can let you know how many calories you take in on most days. Try an online food diary.
- Learn how many calories you need. Check out the tools at www.choosemyplate.gov.
- Exercise. It helps with getting to a healthy weight.

Quit Smoking

Quitting smoking is one of the most important things you can do to protect your health. It's never too late to quit. Many types of help are available.

Commit to Quitting

Why quit smoking? Write down a list of your reasons. Better health is likely a reason. Other reasons might be protecting the health of your family or brighter-looking teeth. Write down every reason you can think of. Then post your list where you can see it. When you think of a reason, add it to your list. Use the list to remind yourself why you are quitting.

Get Help

It's not easy to quit smoking. Most people do better with some help.

- Talk to your healthcare provider or pharmacist about medications that can help you quit.
- Tell the important people in your life that you are quitting. Ask them to support you.
- Join a support group. You will meet others who are quitting or have quit.

All Tobacco Is Harmful

Maybe you use e-cigarettes, a pipe, or cigars. Or you prefer chewing tobacco or snuff. It is just as important to quit using those products as cigarettes. All forms of tobacco contain toxic and addictive substances. No delivery method is safe.



Manage Stress

Stress is hard to avoid. But if stress is a constant part of your life, it can harm your health. Here are some things you can do to control stress.

Figure out what makes you stressed.

People have different sources of stress. What are yours?

Change your response.

If you can, change the way you react. For example, you can't control traffic. But you can control how you respond if you're stuck in traffic.

Move around.

When you're feeling stressed, try doing a bit of exercise. You might try walking or stretching. This can help you feel more in control.

Take some down time.

Take a break and do something you enjoy. Listen to music or spend time outdoors, for example. Schedule time for things that make you feel good.

Share your feelings.

Talk to friends and family. They can support you through stressful times.