



# Avoid falls with these simple changes



Falls are a leading cause of injury for older adults, but many are preventable. Two important changes to your home and routine can improve your balance, strength and safety.



## Add strength and balance exercises to your routine:

- Strengthen your legs with daily walks and other exercises.
- Improve your balance by standing on one foot near a sturdy chair.
- Join OnePass, a free fitness program through your coverage.

Don't worry if you have trouble balancing – you can regain it with practice.



## Check your home for safety hazards:

- Secure loose rugs, cords and other items you could trip over.
- Add night lights to your bedroom, hallway and bathroom.
- Place items you need within reach so you don't have to stretch.

Try adding one home safety fix and one exercise to your routine this week. They could be the difference between steadying yourself or facing an injury.

**Try adding one home safety fix and one exercise to your routine this week.**

Women have a higher risk of bone fractures due to osteoporosis. Talk to your provider about how to protect your bone health and screening options.

Need to find a provider? Connect with a health navigator at **(844) 289-3029 (TTY: 711)**.

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