

## Tips to help you

# Prevent Falls

Falls can happen anywhere, at any time, to anyone. According to the Centers for Disease Control and Prevention (CDC), one in every three adults age 65 years and older falls each year. Fortunately, most falls are preventable.

By staying fit and maintaining your overall health, you can reduce your risk of falling. Here are a few fall prevention tips:

- **Get some exercise.\***

Exercise results in toned muscles, which could decrease your chances of falling. Participating in an exercise program that focuses on balance and strength could reduce your risk of falling or keep you from getting seriously hurt if you do fall.

- **Make an appointment with your eye care doctor.**

Have your eyes checked at least once a year to note any changes in vision which could require glasses or a change in eye wear prescription. If you can't see where you're going, you're likely to fall.

- **Discuss your medications with your pharmacist or doctor.**

Some medications can make you sleepy or dizzy, or they may alter your vision. Make sure the medications you're taking are right for you. Be sure to mention any over-the-counter medications you take regularly.

- **Eliminate hazards in your home.**

Half of all falls occur at home. Always keep hallways and outdoor walk ways clear. Install adequate lighting on the inside and outside of your home and use nightlights in your living space.



Speak with your doctor about more ways to reduce your risk for falls.

\* Always consult your doctor before beginning a new exercise program

**Make sure you're prepared in the event that you do fall.  
Post a list of emergency numbers in large print near each phone and  
keep a phone close to the floor in case you fall and have difficulty getting up.**

**Please note:** Preventive care services and screenings are only covered when rendered by an in-network doctor or health care professional.

**Source:** Centers for Disease Control and Prevention, cdc.gov.