

Falls Prevention Starts Here.



Falls are a big deal.

- **They can happen to anyone!** More than one in four Americans age 65+ falls each year.¹
- **They are dangerous.** Falls are the leading cause of fatal and nonfatal injuries among older adults.²
- **They can happen anywhere.** 60% of falls happen at home, 30% in a public setting, and 10% in a healthcare facility.³
- **They can seriously impact your life.** Fear of falls can limit your willingness to participate in activities and social engagements which can result in physical decline, depression, social isolation, and feelings of helplessness.

You can help prevent falls.

- **Build strength and balance.** Exercise can help you increase muscle strength, improve core stability, and build confidence.
- **Clear clutter in your home.** Remove potential tripping hazards like bunched up rugs, scattered magazines, boxes, and out-of-place items.
- **Consider medication impact.** Review your medications for side-effects like drowsiness or dizziness.



Learn more about falls prevention.

Scan the QR code or visit selecthealth.org/fallsprevention.

Talk to your doctor about your falls risk today!

Create a falls prevention plan with your doctor.

Need help scheduling an appointment?

Call Select Health Member Advocates at **800-515-2220**.



1. Older Adult Falls Reported by State. Centers for Disease Control and Prevention. Found on the internet at www.cdc.gov/falls/data/falls-by-state.html
2. Keep on Your Feet—Preventing Older Adult Falls. Centers for Disease Control and Prevention. Found on the internet at <https://www.cdc.gov/injury/features/older-adult-falls/index.html>
3. Hospital for Special Surgery (HSS). Addressing Falls Prevention Among Older Adults, Part I. Found on the internet at www.hss.edu/conditions_addressing-falls-prevention-older-adults-understanding.asp

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This information is available for free in other languages and alternate formats by contacting Select Health Medicare: **855-442-9900 (TTY: 711)** / Select Health: **800-538-5038**.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電

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