

Health Tips for Living Your Best Years Beyond 65

Health isn't that hard to maintain, right? After all, the most common advice is to eat right and exercise. However, this isn't always enough. Lifestyle changes are, of course, very important, but as a senior in the 21st century, you also have access to technology that can help you get a better understanding of how to stay healthy.

Lifestyle

As a senior, your insurance is one of your best tools to keep you healthy. Medicare makes access to preventative medicine easy, with a host of benefits available through all plans. However, you may be able to squeeze more out of Medicare by signing up for an Advantage Plan during the ACA Open Enrollment Period. Medicare Advantage may be a better value if you are currently paying for a separate hearing, vision, or dental insurance plan. Providers like Aetna even have zero-dollar premium plans, which are available in many areas. Your insurance also covers most health screenings and immunizations, such as the flu shot. Even if you're in good health, you'll want to take advantage of these every year.

Your mental and emotional health is something you also have to take into consideration. Learn ways to manage stress, whether it be through yoga or spending time with friends and family. Both of these offer an opportunity to socialize, which can help stave off senior isolation, a common cause of depression in older adults. Other lifestyle changes include maintaining a healthy weight and reducing your chances of falling throughout the house. TriHealth's Daily Health Wire suggests having a home evaluation performed to make your home a safer place.

Technology

Technology does not have to be intimidating if you understand its best benefits — and health

improvement is one of these. Things like fitness trackers can help you keep up with how much you're actually moving during the day. Sadly, it's probably less than you think. If you're on a tight budget, you can pick up an inexpensive tracking watch like those made by AGPTEK, which will help you measure calories and even answer incoming calls if you have a compatible device. These are often unreliable, however, and may not give you all the information you need.

If you can invest more, consider the Apple Watch Series 4. It has a ton of bells and whistles, including a heart sensor, haptic feedback, and a battery that features up to 18 hours of usage. Additionally, the Apple Watch can also alert your emergency contacts if it detects that you've been immobilized after a hard fall; this is an invaluable feature if you spend a lot of time alone and are at risk of a falling accident inside or outside of your home.

Your computer or smartphone can also help you keep your health on track. There are dozens of health apps you can download, and you can also use your net-connected device to communicate with a healthcare professional through services like Teladoc. This can save you from running out to the doctor when you would rather stay home but need medical attention.

As an active senior, you owe it to yourself to continue to be that way for all of your golden years. Maintaining your health is a full-time job, but one that you don't have to do alone. From making sure you have the right Medicare plan to adding tech to your repertoire of health tools, being a senior today is much easier than ever before.