

# Health Hints

## Age Healthier With These Five Tips

(NAPS)—As your wisdom grows with age, so can the number of pill bottles in your medicine cabinet. For those “young-at-heart” seniors, sticking to healthy habits is the key to aging well. With some simple steps, you can keep a healthy routine that also gives you more time to do the things you love. Joe Koren, pharmacy manager at Walgreens, shares his top five tips for managing your health with a busy schedule:

### 1. Consult the experts

You know to go for regular check-ups with your general practitioner, but don't forget that pharmacists can also be accessible experts to answer questions about your health. In fact, your pharmacist is a licensed professional who provides different health care services including immunizations and can help you understand why and how to take your medications to support effective treatment. Some pharmacies offer extended hours, and 24-hour chat with pharmacy staff is available whenever you need it. Many locations also have health care clinics to treat minor injuries and illness, which can be a convenient and cost-efficient alternative to a doctor's visit.

### 2. Let your smartphone help you

With a packed list of to-dos, friends to meet and grandchildren to watch, medication routines can easily slip the mind. Luckily, your mobile phone is a helpful tool to keep track of your medications, right in the palm of your hand. For example, the Walgreens app can help you set daily pill reminder notifications, so you never miss a dose. You can also find close-by health care providers and arrange a video call for a face-to-face consultation with a physician or specialist through the app. If using your smartphone comes with its challenges, ask one of the pharmacy staff or a family member to help set it up for you.

### 3. Simplify your prescription refills

Multiple prescriptions can mean multiple trips to the pharmacy each month. A trained pharmacist can recommend convenient refill options such as aligning multiple refill trips to one



**Your pharmacist may have more ways to save you time and money than you realize.**

single date, switching to 90-day refills or having eligible prescriptions sent directly to your home. All these services can make it easier to stay on your medication schedule and help save time.

### 4. Find perks in your Medicare D plan

So you've signed up for your Medicare Part D plan, but are you using it to save money? Fortunately, many prescription drug plans include Walgreens in their preferred pharmacy network, which could mean a convenient way to lower your co-pays. A little bit of research into the right combination of plan, provider and pharmacy can go a long way to help you save money. Walgreens pharmacies even conduct senior days, giving you extra advice on health care topics and special offers.

### 5. Maintain a healthy lifestyle

They say age is only a number, and when you're in control of your health, that's very true! With the time and money you'll save from these tips, think about how you can embark on and maintain an even healthier lifestyle. Why not challenge yourself to walk for at least 30 minutes a day, connect with friends and family, or take the time to prepare nutritious meals?

These five small steps can all contribute to a healthier life, and free up time and head space for the things you really love.

For additional information on tools to make medication management more convenient, visit [www.walgreens.com/pharmacy](http://www.walgreens.com/pharmacy).