

80 WORDS, 30 SECONDS

## HEALTHY AGING

THERE ARE SEVERAL STEPS SENIORS, CAREGIVERS, AND THEIR FAMILIES CAN TAKE TO PROMOTE HEALTHY AGING, ADVISES DOCTOR HEIDI SCHWARZWALD, CHIEF MEDICAL OFFICER AT SIGNIFY HEALTH, A C-V-S HEALTH COMPANY. GIVING UP SMOKING, CHANGING YOUR DIET, CUTTING OUT ALCOHOL, AND MOVING YOUR BODY ARE ALL INCREDIBLY IMPORTANT. IN ADDITION, A COMPREHENSIVE MEDICATION REVIEW FROM A CLINICIAN CAN HELP YOU BE SURE YOU'RE TAKING THE RIGHT MEDICINES WHILE AVOIDING DANGEROUS INTERACTIONS. FOR FURTHER FACTS AND TIPS, SEE DOCTOR SCHWARZWALD'S BLOG AT [SIGNIFY-HEALTH--DOT--COM--SLASH--HEALTHY-AGING](https://www.signify-health.com/healthy-aging).