ACCESSING SAFETY KNOWLEDGE (ASK) SHEET:
8 TIPS FOR A HEALTHY FALL

**Get Your Screenings**
Visit your doctor regularly for preventive services like cancer and diabetes screenings, colonoscopy, well woman exams and routine blood work!

**Get a Flu Shot**
An annual flu vaccine is the best way to protect against the flu, especially for cancer survivors.

**Wash Your Hands!**
Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.

**Use Telemedicine**
You can facetime a doctor online for flus, colds, sore throat, ear pain, pink eye, rashes and much more! They can prescribe you a medication to be picked up at your local pharmacy.

**Get a Dental Exam**
The health of the teeth, mouth and gums is central to a person’s overall health.

**Sleep!**
Sleep plays an important role in your physical health. Ongoing sleep deficiency is linked to increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke.

**Make Fall Fitness Goals!!**
Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

**Buy in-season Food**
Beets, broccoli, cabbage, eggplant, kale, pumpkin, broth, roasted squash, root veggies and dark leafy greens are all great choices!

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