

Healthy Aging: Working with Your Healthcare Team

Now a Health Minute.

As you get older, your healthcare visits will start to increase. Managing your health and quality of life means not only going to these appointments but also becoming an active member of your healthcare team.

Work with your healthcare team to determine your individual risk for heart disease, diabetes, and other common conditions.

Understand which recommended screenings and appointments you will need each year for early detection and treatment.

Then schedule them!

Your healthcare team may grow and change over time to include different specialists. Your team may include a cardiologist, diabetes educator, physical therapist, or kidney specialist.

Being an active participant in managing your health while working with all the members of your healthcare team, can help you practice good self-care and achieve your best quality of life.