



Your 90s

Taking Steps for a Healthier You

What steps can I take?

Start by reading the checklist we created for women in their 90s, and choose to take one, or all, of the steps on the list. You can use your checklist to get the conversation started at your next wellness visit. Your annual wellness visit is a good time to talk to your doctor or nurse about your personalized prevention plan. This plan helps prevent disease and disability based on your current health and past history.

Why should I follow the steps on my checklist?

These steps are the foundation for good health at every age.



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To live a healthy life in my **90s**

✓ Every day I will try to:

- Eat healthy — use the **MyPlate Plan** to get started
- Get at least 7 to 8 hours of sleep
- Reach and maintain a healthy weight
- Get help to quit or not start smoking
- Limit alcohol use to 1 drink or less
- Not use illegal drugs or misuse prescription drugs
- Wear a helmet when riding a bike and wear protective gear for sports
- Wear a seatbelt in cars and not text and drive
- Get at least 30 minutes of physical activity. Each week, I will do aerobic activity and exercises to improve my balance and strengthen my muscles. I will talk to my doctor about any conditions that limit my ability to do regular physical activity.

✓ I will talk to my doctor at least once a year about:

- My weight, height, diet, and physical activity level
- Whether I use tobacco, alcohol, or drugs
- Any violence in my life
- Depression and any other mental health concerns
- Who will make health care decisions for me if I am unable to

✓ I will ask my doctor whether I need these tests, medicines, or vaccines this year:

- Blood pressure
- Breast cancer prevention medicines
- Flu
- Hepatitis A, B and C
- HIV
- Osteoporosis
- Pneumonia
- Shingles
- Sexually transmitted infections
- Tetanus, diphtheria, and whooping cough
- Tuberculosis
- Urinary incontinence

The decision to get any medical test or procedure, at any age, is a personal one between you and your doctor. These recommendations may not apply to every person.

These guidelines are based on recommendations from the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices, the Women's Preventive Services Guidelines, the 2015–2020 Dietary Guidelines for Americans, and the 2018 Physical Activity Guidelines for Americans.



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