



September 2025

Healthy Aging Month

WellSky: Supporting Wellness at Every Age.

What Is Healthy Aging Month?

A time to promote awareness around the habits and resources that support long-term health. This includes practical strategies for aging well, maintaining mobility, staying proactive with preventive care, and resources to help.

Tips for Aging Gracefully

Aging is a natural part of life, and with the right habits, it can be a vibrant and fulfilling journey. Here are a few ways to embrace aging with grace:

- Build strong social connections (staying engaged supports emotional and cognitive health).
- Eat a balanced diet.
- Prioritize sleep.
- Practice mindfulness.

Maintaining Mobility

Staying active helps preserve independence and reduces the risk of chronic conditions.

- Incorporate low-impact exercises like walking, swimming, or yoga.
- Stretch regularly to maintain flexibility and prevent injury.
- Staying active with others, group fitness or walking clubs can boost consistency and make exercise more fun.

Importance of Regular Health Check-Ups

Regular check-ups are key to staying ahead of health issues and maintaining long-term wellness. They help:

- Catch problems early before they become serious.
- Track changes over time to spot trends or concerns.
- Build a relationship with your provider for personalized guidance.

Mylo

A free resource available to employees, retirees, and their families, who are eligible for Medicare. It's designed to help you make informed decisions about your health coverage as you age.

- Helps you compare Medicare and employer health plans to find the best fit.
- Offers personalized support from licensed insurance advisors
- Provides access to national Medicare plans tailored to your needs
- Assists with enrollment and offers ongoing support for your coverage

Contact:

Call (844) 893-9881 or

Visit [ChooseMylo.com/KansasCity](https://www.ChooseMylo.com/KansasCity)
to explore your options.