

HEALTHY LIVING
IN YOUR

90s

You're in your 90s! What can you do to live a healthier life? Be healthier with one — or all — of the steps below! Get the conversation started at your next well-woman visit with this list.

Every day, I will try to:

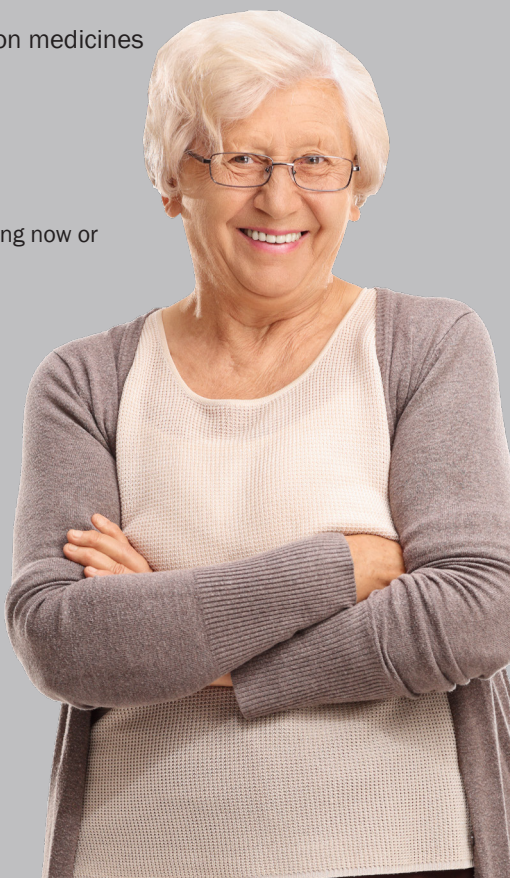
- Eat healthy — use the MyPlate Plan to get started
- Get at least 30 minutes of physical activity (aerobic/exercises to improve my balance and strengthen my muscles - I will talk to my doctor about any conditions that limit my ability)
- Get at least 7 to 8 hours of sleep
- Reach and maintain a healthy 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 protective gear for sports
- Wear a seat belt in cars and not text and drive

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 am at higher risk of or need tests, medicines or vaccines this year for:

- Blood pressure
- Breast cancer prevention medicines
- COVID-19
- Flu
- Hepatitis A, B and C
- HIV
- Lung cancer (55+ smoking now or quit in the last 15 years)
- Osteoporosis
- Pneumonia
- Shingles
- Sexually transmitted infections
- Skin exam
- Tetanus, diphtheria and whooping cough
- Tuberculosis
- Urinary incontinence



St. Luke's is a part of the Spirit of Women network, committed to providing leading women's health education and services to patients and the community. We offer a complimentary Spirit of Women membership program to help empower and inspire women and their families to achieve their best health and wellness.

For more information or to join our Spirit of Women membership program, visit stlukes-stl.com/spirit or call 314.205.6654.

St. Luke's Services | stlukes-stl.com/services

Classes and Events | 314.542.4848

stlukes-stl.com/st-lukes-education-programs

Breast Health

Bone Health

Dermatology

Diabetes Care

ENT

Gastroenterology

Hearing

Heart Health

Home Health

Neurology

Nutrition and Wellness

Orthopedics

Physical Therapy and Massages

Physician Referral

Plastic Surgery

Pulmonary

Sleep Medicine

Urgent Care Center

Weight Loss Services

Wound Care



St. Luke's Services

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smart phone camera*



St. Luke's Doctors

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smart phone camera*



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.