

# Talk to your Doctor and Stay Healthy!



## Fall prevention

- Report any falls or problems with balance and dizziness.
- Review your medication with your doctor- including over the counter.



## Bladder control

- Discuss any urine leakage problems you may have with your doctor.
- There are treatment options; your doctor can help you decide which is best for you.



## Bone health

- Ask if bone density testing is right for you (especially if you've had a fracture).
- Eat food rich in calcium and vitamin D.
- Discuss an exercise program with your doctor.



## Mental health

- Let your doctor know if you are feeling sad, anxious, depressed, or stressed.
- Your doctor can provide treatment or refer you to a mental health provider.



## Prevention screening

- Remember to talk to your doctor about vaccines: flu, pneumonia, shingles.
- Ask about important screening tests for breast and colorectal cancer.



Health Net is contracted with Medicare for HMO and HMO SNP plans, and with some state Medicaid programs. Enrollment in Health Net depends on contract renewal.

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