

My Fall Prevention Checklist

Plan	✓	Notes:
Talk to my doctor about my risk of falling.		
Ask my doctor about safe exercises I can do to build my strength. Exercise two to three days per week. Use my SilverSneakers® fitness benefit.		
Review my medications with my doctor, especially those that make me dizzy or sleepy.		
Tell my doctor about any pain, aching, soreness, stiffness, weakness, swelling, or numbness in my legs and feet.		
Ask my doctor if using a cane or walker would be helpful to me.		
Tell my doctor about my need to rush to the bathroom.		
Schedule an annual eye exam. Use my vision allowance to purchase glasses, if needed. Learn more about the vision services.		
Schedule an annual hearing test. Use my hearing allowance to purchase hearing aids, if needed. Learn more about the hearing services.		
Order my two free bathroom safety products from NationsBenefits® by visiting their website at sentaramedicare.NationsBenefits.com .		
Consider a Personal Emergency Response System (PERS). Learn more about PERS.		
Wear non-skid footwear, even around my house.		
Check my home for fall hazards such as clutter, loose rugs, and dark areas. Use my in-home support services benefit if I need help around the house. Learn more about in-home support services.		