



Healthy Aging

Healthy aging is about maintaining physical, mental and social well-being as we grow older. It involves adopting healthy habits and making positive lifestyle choices that support long-term health and quality of life. The good news? It's never too late to make changes that can have a meaningful, positive impact.

Steps to support healthy aging

Small changes can make a big difference. Start supporting healthy aging by:

- **Eating a healthy diet.** Maintain a healthy, balanced diet by eating a variety of fruits and vegetables, choosing whole grains, limiting added sugars and staying hydrated.
- **Getting regular exercise.** Keep your body active with regular movement such as walking, swimming, stretching or light strength training.
- **Supporting your brain health.** Keep your mind stimulated through activities like reading, puzzles, learning new skills and getting enough sleep.
- **Staying socially connected.** Stay socially connected by spending time with friends and family, participating in group activities or volunteering in your community.

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- **Protecting your emotional well-being.** Take care of your emotional health by managing stress, maintaining a positive outlook and seeking support from others or professionals when needed.
- **Maintaining a health care routine.** Keep up with regular checkups, recommended vaccines and preventive screenings while managing any ongoing health conditions.

Healthy Aging Month

Join us in celebrating Healthy Aging Month! Observed each September, Healthy Aging Month is a great opportunity to start healthy habits that can improve quality of life and support independence as you age. It also encourages you to get involved in your community by participating in local events, programs and activities that celebrate aging, connection and lifelong well-being.

Questions? If you have any questions, we can help. Just call the number on your ID card.

Sources:

<https://www.cdc.gov/healthy-aging/about/index.html>

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