

September

HEALTHY AGING MONTH



Factors of Aging

Some factors of aging include the genetics passed down to us from earlier generations. They also include our personal characteristics, like sex, gender, ethnicity, income, where we live, and our childhood environment. Our lifestyle choices influence how we age, such as avoiding substance use, regularly exercising, eating a healthy diet, engaging in preventive care, and managing stress.

Common Conditions

Many common conditions are associated with aging, including hearing loss, cataracts, back and neck pain, osteoarthritis, COPD, diabetes, depression, dementia, and injuries from falls. Regular check-ups and preventive testing can help reduce your risk and support early detection of these common conditions.

Physical, Mental, and Cognitive Health

No matter your age, practicing preventive care can support healthy aging, and the earlier we create healthy habits, the better. Physical health, mental health, and cognitive health all need to be monitored to manage healthy aging and support a healthy lifestyle.

Get Support

Hinge Health is a virtual exercise therapy program designed to address back, knee, hip, neck, shoulder pain, and pelvic floor therapy. It's convenient and fits your schedule — it can be done anywhere, at any time. The Hinge Health program is available at no additional cost to you or your eligible dependents who are 18 or older and enrolled in a KEHP medical plan.

Visit HingeHealth.com/KEHP or call 855-902-2777 for more information.

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.