

Know the right steps to **prevent falls.**

The risk of a fall resulting in a fracture increases with age. Many things can cause a fall. Reducing your risk of falling starts here:



Review your prescriptions and over-the-counter medications with your provider or pharmacist to identify medicines that may cause dizziness or drowsiness.



Keep your home safe from tripping hazards:

- Keep the areas where you walk tidy: remove shoes on the floor, throws or small area rugs, extension cords, and plugs from areas you typically walk
- Make sure your flooring/carpeting is secure
- Increase lighting in your home to ensure you can properly see where you are walking
- Utilize night-lights in your bedroom, bathroom, and hallways
- Use non-slip mats, strips, or carpet on surfaces that may get wet like your shower or tub
- Clean up spills and messes immediately



Have a yearly eye exam and make sure your glasses prescriptions are up to date.
Get your hearing checked yearly.

- Call Member Services toll-free at **1-800-446-8331, TTY: 711**, Monday – Friday, 8 a.m. to 4:30 p.m. for assistance finding an in-network vision or hearing provider



Choose the right shoes: wear nonskid, low-heeled shoes to reduce potential slips. Avoid wearing socks and slippers around the house.

Fall Resources



Staying physically active helps to improve and maintain your balance and can help to prevent falls. Find an exercise program that works for you.

- Through your plan, you have access to the SilverSneakers® program at no additional cost.
- Sign up for a fitness membership or access online fitness options by going to [SilverSneakers.com/StartHere](https://www.silversneakers.com/starthere) or by calling **1-888-423-4633, TTY: 711** Monday – Friday 8 a.m. to 8 p.m. ET.



Check with the Area Agency on Aging

for local programs focusing on improving balance. Call **602-264-4357, TTY: 711**.



Call your primary care provider (PCP)

if you have any trouble with your balance. If you don't have a PCP, reach out to your friends at AZ Blue, Member Outreach, at **602-313-7135, TTY: 711**, Monday – Friday, 8 a.m. to 4:30 p.m. to assist.



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Routine eye and hearing exam and hearing aid benefits available through participating providers.

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