

# Tips for Better Health This Fall Pocket Companion

*Produced in Partnership with:*



**MACC**  
TASK FORCE

**RetireSafe**  
Standing up for America's Seniors!

As summer comes to an end and we look forward to fall, the MACC Task Force has developed a pocket guide to help you stay healthy as the seasons change. In partnership with Asthma and Allergy Foundation of America, the National Association of Hispanic Nurses, and RetireSafe, this resource will help ensure that you ask the right questions to your healthcare provider and understand how to keep yourself, and your loved ones, as healthy as possible as the seasons change.

*This pocket companion was created by the Coalition for Medicare Choices Medicare Advantage Care Coordination – or CMC MACC – Task Force in partnership with MACC Task Force members [Asthma and Allergy Foundation of America](#), [National Association of Hispanic Nurses](#), and [RetireSafe](#)*



## AS THE SEASONS CHANGE...

1. **Dress for the seasonal change and be mindful of the air outside:** Temperatures can change significantly during the day; being prepared with extra layers will help keep you comfortable.
2. **Prepare your home to stay comfortable during changing seasons:** During colder months, thermostats should be set to comfortable warm temperatures relative to the outside climate and the home should be kept clean to reduce allergies. If you're in a warmer location, this is a good time to have your air conditioner cleaned and make sure to avoid going outside during the hottest points in the day.
3. **Check with your primary health care provider before engaging in a new exercise program or making changes due to the season:** Exercise is so important for people in Medicare, but always take precautions on how and where to exercise, especially as seasons change.
4. **Know how your indoor and outdoor triggers of respiratory conditions change in the fall:** For people with allergies, the change in seasons from summer to fall can pose challenges to respiratory health. Individuals with known seasonal allergies should try to prepare for their seasonal allergy symptoms as far in advance as possible. Make sure you check with your doctor about how your specific allergies may be impacted by the seasonal changes and whether an allergy test may be needed to confirm a diagnosis. For more on different types of allergies, visit: [www.aafa.org/page/types-of-allergies.aspx](http://www.aafa.org/page/types-of-allergies.aspx)
5. **Make an appointment with your health care provider to receive your recommended vaccinations:** The fall months are often associated with pneumonia, flu, Tdap, and shingles, so this time of year, remember to schedule a visit to receive vaccinations to prevent these illnesses. You may also want to schedule your annual wellness visit for the same time.





# THE CMC MACC TASK FORCE

## ABOUT US:

Despite the fact that two-thirds of Medicare beneficiaries have two or more chronic conditions, care for many of these individuals is fragmented. Beneficiaries often may shuffle between numerous providers serving in multiple care settings, including doctors' offices, the ER and in-patient hospital facilities. Without sufficient coordination across these various points of care, the health issues these beneficiaries are already facing may be compounded. To address this important problem and critical need, the Coalition for Medicare Choices (CMC), an AHIP-founded effort, is collaborating with leading aging, caregiver, patient, provider and minority health organizations on a unique venture called the Medicare Advantage Care Coordination (MACC) Task Force.

## MEDICARE ADVANTAGE

### ABOUT THE PLAN:

Medicare Advantage is the part of Medicare through which private health plans provide comprehensive medical coverage to people over 65 and persons with disabilities. In addition to the hospital and physician coverage that is included in traditional Medicare, Medicare Advantage plans also often include other benefits such as prescription drug, vision, hearing, dental, fitness, mental health, and management of chronic illness and disease. More than 17 million Americans, or roughly 30 percent of all Medicare beneficiaries, have chosen to enroll in a Medicare Advantage plan.

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