

## 4Ms for healthy aging.

MinuteClinic® is adopting the Age-Friendly Health Systems 4Ms care for every patient 65 years or older.

Your age-friendly visits will include questions around:

<b>What Matters</b>	What you care about most.
<b>Medication</b>	What you're taking.
<b>Mentation</b>	Your mood and memory.
<b>Mobility</b>	How you move around each day.

Inside, you'll find healthy aging tips and suggestions for things to talk about with your primary care provider.



## About Age-Friendly Health Systems

Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI) in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA).

The MinuteClinic® commitment to be an Age-Friendly Health System is supported by a grant from The John A. Hartford Foundation to the Case Western Reserve University Frances Payne Bolton School of Nursing.

## About MinuteClinic

- We offer over 125 different services.
- Find us inside select CVS Pharmacy® and Target locations.
- We're open every day, including evenings and weekends.
- No appointment is necessary.
- You can view wait times or schedule an appointment on MinuteClinic.com or in the CVS Pharmacy app.\*
- Get a treatment plan anytime, anywhere with Video Visits (available in select states).\*\*

\*Restrictions apply. Visit MinuteClinic.com for details.

\*\*Available in select states for select conditions. Other restrictions apply. Adults and children over 2 years old. Scheduled visits take place from 7 AM to 9 PM ET/PT and must be reserved 24 to 48 hours ahead of time. Insurance is currently not accepted for this service. Payment is due at the time of visit.

MinuteClinic® complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-389-2727 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-389-2727 (TTY: 711)。

D18441MC20

Healthy aging

# To your future health!

If you're 65 years or older, we're happy to give you a special dose of age-friendly care.



Age-Friendly Health Systems



# The 4Ms for healthy aging

## What Matters?

It's important for you to share your concerns, goals, wishes, needs and experiences with all of your health care providers.

This builds trust and open communication. And it also will help your providers match your treatment with what matters to you.

---

---

---

## Mobility

Staying active helps you maintain your health and independence.

Make sure you're able to move safely by:

- Letting your provider know if your balance is changing.
- Wearing safe shoes.
- Reducing clutter and installing grab bars if needed.
- Using assistive devices as prescribed.

If you fall, contact 911 or other emergency services if needed. Let your provider know, too.

**My daily mobility plan is:**

---

---

---

## Medication

Staying on top of what you take is important to your wellbeing.

- Keep a list of all your medications with you. Make sure to bring it to your next primary care appointment.
- Know what medications you're taking, why you're taking them, and how and when to take them.
- Organize your medications so you remember to take them as prescribed. A pill box can help.

**Recommendations to share with my primary care provider:**

---

---

---

## Mood and Memory

You may notice changes in your mood and memory as you age.

Activities that may be good for your mood and memory include:

- Spending time with others.
- Trying new activities, like volunteering.

Be sure to share things like this with your provider:

- No longer enjoying activities you used to enjoy.
- More difficulty doing things that used to be easier.
- Changes in appetite or sleep.

**Recommendations to share with my primary care provider:**

---

---

---