



The Medicare Answer Guy

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MEDICARE NEWS

As we step into the new year, it's the perfect time for us to focus on your health and well-being. Adopting healthy habits can significantly enhance the quality of life, boost energy levels, and improve overall happiness. Here are some essential tips to help seniors embrace a healthier lifestyle in the new year:

My goal with this newsletter is to:

1

KEEP YOU INFORMED

I will be sharing current articles about the changes in Medicare

2

ANSWER YOUR QUESTIONS

I'm available to answer issues specific to you

3

STAY CONNECTED

I want to make Medicare coverage as simple as possible

(858)935-9120

- **Prioritize Physical Activity** - Regular exercise is crucial for maintaining strength, flexibility, and cardiovascular health. Seniors should aim for at least 30 minutes of moderate exercise most days of the week. Activities like walking, swimming, yoga, and tai chi are excellent choices that can improve balance and reduce the risk of falls.
- **Eat a Balanced Diet** - Nutrition plays a vital role in overall health. Seniors should focus on a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Staying hydrated and limiting processed foods, sugar, and sodium is also important. Incorporating a variety of colorful foods can ensure a range of nutrients.
- **Stay Socially Connected** - Social interactions are essential for mental and emotional well-being. Engaging with friends, family, and community groups can help combat loneliness and depression. Seniors can join clubs, attend social events, or participate in group activities to stay connected.
- **Keep Your Mind Active** - Mental stimulation is key to cognitive health. Seniors should engage in activities that challenge the brain, such as reading, puzzles, games, or learning new skills. Lifelong learning can keep the mind sharp and improve memory.

REFERRALS

Doris S referred Michel S
Wendy A referred Graham A
Tom F referred Bill S
Steve S referred Kim S
Jonathan S referred Mark Q
Scott H referred Karen E
Michelle M referred Susan K
Steve VH referred David S
Luan A referred Keith &
Sharon O
Rene N referred Elizabeth S
Kathy C referred Libby P
Eric S referred Tina T
Jock A referred Eric M

We try hard to recognize every referral but if we missed anyone, please let us know.

Just send us a quick email so that we can acknowledge you. We want all of you to know that it is our privilege to serve you.

The greatest compliment you pay us is the referral of your family and friends.

Thank you!!!

**Jim
Robeson
CLU, CHFC**

- **Regular Health Check-ups** - Routine medical check-ups are important for early detection and management of health issues. Seniors should schedule annual wellness visits and discuss any changes in their health with their healthcare provider. Staying up to date with screenings is also crucial.
- **Manage Stress** - Chronic stress can negatively impact health. Seniors should practice stress-reducing techniques such as meditation, deep breathing exercises, or hobbies they enjoy. Maintaining a positive outlook and finding joy in everyday activities can also help manage stress levels.
- **Get Adequate Sleep** - Quality sleep is essential for physical and mental health. Seniors should aim for 7-9 hours of sleep per night. Creating a relaxing bedtime routine and ensuring a comfortable sleep environment can improve sleep quality.
- **Stay Positive and Engaged** - A positive mindset can greatly influence overall health. Seniors should focus on activities that bring joy and fulfillment. Volunteering, pursuing hobbies, and staying engaged with the community and family can enhance life satisfaction and well-being.

By incorporating these tips, seniors can look forward to a healthier and more vibrant new year. Remember, small changes can make a big difference, and it's never too late to start prioritizing your health.

DISCLAIMER

We do not offer every plan available in your area. Currently, we represent 10+ organizations and over 100 products in your area. Please contact Medicare.gov or 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options

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