As we live our busy lives, our homes become much more than places to rest our heads at night. They are our sanctuaries, places to create memories or where we go to unwind. How we physically create our homes and maintain them is a way to let others know who we are and where we have been.

In this issue, you’ll meet Bob Vila — the man who has helped so many people create their own homes and change their lives. He will share the importance of a happy home, and we’ll give you ideas on how to create your own relaxing space through the organization of your health and home.

You’ll also discover how Renew has become much more than a magazine. With Renew Learning, you’ll learn the warning signs of Alzheimer’s to help you take charge of your health. And when it comes to annual care, you’ll want to check out how you can earn a gift card with Renew Rewards. In addition, Renew Lifestyle gives you healthy breakfast recipes to start your day right and exercises to work both your body and mind.

We hope you enjoy this issue and are inspired to take some time for yourself and sort through all the memories and important parts of your life to create a very special space you can call your own.

—The Renew Team
COVER STORY

A Life Well Built

Bob Vila has spent nearly 40 years teaching us how to love and fix our homes. Here’s what a career in home improvement taught him. page 14
18 Home Is Where Your Health Is
Tips and hints on how to get your space — and health — organized.

24 Good Morning, Sunshine!
Wake up with healthy twists on classic breakfast favorites.

11 Annual Care
Make the most of your yearly visit

29 Keep Moving
Mind-body exercises

30 Family Matters
Discuss end-of-life care with your loved ones

32 Health Check
Good sleep for better health

5 Live • Laugh • Learn
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35 The Doctor Is In

Look for this symbol to find simple tips on becoming your own health advocate and helping to improve your quality of life.
Citrus!

The saying goes that when life gives you lemons, make lemonade. But you can do a lot more than that. According to the Academy of Nutrition and Dietetics, citrus fruits are an excellent source of vitamin C, which promotes a healthy immune system. This helps the body heal and fight cancer-causing free radicals. You can eat them raw, season meats with them, use them to add zip and color to salads, blend them into juices and smoothies, and on and on. Lemons can even be used to make safe, eco-friendly household cleansers. And with all their sunrise colors, citrus fruits may help put you in a positive state of mind.

START THE DAY RIGHT
Check out page 24 for delicious breakfast ideas and how to incorporate citrus into your morning routine.
The Scent of Improved Health

For thousands of years, the medicinal benefits of inhaling aromas of certain essential oils have been known by many cultures around the world.

Today, aromatherapy — using plant extracts and essential oils for their scent — is used in some hospitals and clinics as complementary medicine.

A 2013 study published by Bentham Science in *Current Drug Targets* has indicated certain health benefits of aromatherapy — from killing bacteria to improving mood disorders to combating insomnia. In 2014, a review of several studies published in the *Journal of Alternative and Complementary Medicine* found a positive effect from essential oils on sleep disturbances with no adverse reactions. Plus, for more than a decade, essential oils have been studied for use in cancer therapy (in tandem with conventional treatment), and the results of more than 100 studies have been promising to doctors and other health practitioners.

What’s wonderful about aromatherapy is that you can experience it at home. Essential oils are widely available for purchase, so check your local grocery or health foods store. The National Association for Holistic Aromatherapy, [naha.org](http://naha.org), also has tips to get you started.

Here are a few ways to use aromatherapy essential oils at home:
- Dilute into a spritzer and spray a room.
- Add drops to your bathwater.
- Add drops into boiling water or a steamer.

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chamomile</td>
<td>Relieves anxiety; promotes sleep; is anti-inflammatory</td>
</tr>
<tr>
<td>Eucalyptus</td>
<td>Relieves congestion; clears and energizes the mind; helps with bronchitis</td>
</tr>
<tr>
<td>Lavender</td>
<td>Reduces anxiety; produces a sense of calm; promotes cell regeneration (which is good for wounds and burns)</td>
</tr>
<tr>
<td>Lemon</td>
<td>Energizes and uplifts the mind; detoxifies; repels viruses</td>
</tr>
<tr>
<td>Peppermint</td>
<td>Relieves nausea; is an analgesic for aches and pains; reduces migraines; energizing</td>
</tr>
</tbody>
</table>

Source: The National Association for Holistic Aromatherapy
10 Ways to Boost Your Heart Rate in Just 10 Minutes

1. Go for a brisk walk.
2. Engage in vigorous house cleaning.
3. Lift light weights in your living room.
4. Park your car further away from your destination in a parking lot.
5. Do yard work.
6. Dance to your favorite music.
7. Vacuum like you mean it!
8. Do jumping jacks during TV commercials.
9. Walk up and down the stairs.
10. Chase your grandchild around the playground.

What’s My Target Heart Rate?
The American Heart Association recommends at least 30 minutes per day at least five times a week of “moderate intensity aerobic activity”—that’s at about 50 to 69 percent of your maximum heart rate. Unless you are really fit, your maximum heart rate should be about 220 minus your age.

EXAMPLE: Age: 70
Maximum heart rate: 150 beats per minute (220 – 70 = 150)
Moderate intensity activity target: 75 to 104 beats per minute (150 x .50 = 75; 150 x .69 = 103.5)

How Do I Check My Heart Rate?
► Find your pulse on the thumb side of your inner wrist, or just underneath your chin to the right of your windpipe.

► Use the tips of your first two fingers (not your thumb) to press lightly over your wrist or neck. Feel the pulse?

► Count your pulse for 10 seconds and multiply by six to find your beats per minute.

Sources: American Heart Association and Mayo Clinic

Be sure to consult with your doctor before beginning a new exercise routine.
I think I could count on my fingers the number of days I’ve been on a diet. I’ve never managed to last more than a few weeks. I’ll start one at my husband’s urging, and Marina makes me my meals and hides any cookies and buries my husband’s ice cream behind the cutlets in the freezer. Anything tempting is either thrown out or hidden. From me. I literally cannot resist. And see no reason why I should. Until I come face-to-face with myself and my bulk. Then I snap. I crave cookies, Parmesan cheese, all the things that dilate my pupils. It would never occur to me to deprive myself of anything ever.

Let me just say a word about my husband and my gaining weight. The man is a saint. Marsh is a man who appreciates beautiful women. Yet he has been impeccable. When I diet, he is utterly supportive. Okay, last night when he discreetly moved the bowl of Parmesan cheese out of my reach, I was less than thrilled. He also pulled the plate of brownies to the other side of the table and slid them behind the vase of flowers. Out of sight. He’ll move my hand away from the peanut M&M’s. He’s very good about it.

Marsh pays attention: to what I eat, to my health generally. He has lost one wife; he doesn’t want to lose another. “It’s not about looks,” he says. “It’s about your health. We have to stay in the game.”

Candice Bergen is an American actress best known for her role as television’s Murphy Brown. She’s also the author of two best-selling memoirs, Knock Wood and A Fine Romance, from which this is excerpted.

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**Reflections**

**How the Plate Looks**

Candice Bergen on portion control for health, not for appearance.

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**By the Numbers**

**SMART SWAPS**

How many calories you could save with a few substitutions.

- **34**
  - Calories saved by using one spritz of cooking spray instead of one pat of butter.

- **118**
  - Calories saved by accompanying your lunch sandwich with ½ cup raw pineapple instead of a 1 oz. bag of potato chips.

- **270**
  - Calories saved by having a side salad dressed with low-fat vinaigrette rather than a medium order of French fries.

- **73**
  - Calories saved by munching on 3 cups of popcorn that’s been air-popped instead of oil-popped.

*Source: Centers for Disease Control and Prevention, 2015*

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**Find out your own healthy weight**

Not sure what “healthy weight” means for you? Ask your doctor to perform a Body Mass Index calculation at your next annual wellness visit. This measure of body fat based on height and weight is especially important if you have diabetes, since maintaining a healthy weight is vital for managing this condition.

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*Photo by Jonathan Becker. Excerpt reprinted by permission of Simon & Schuster, Inc. All rights reserved.*
Getting Enough Sunshine?
In winter months, it is important to get enough vitamin D.

Vitamin D is essential. It helps your body absorb the calcium and phosphorous needed to make bones and teeth strong. It also works with calcium to protect against bone loss, helps muscles move and aids the immune system as it fights off bacteria and viruses.

Unfortunately, some people don’t get enough vitamin D, such as those with limited sun exposure according to the National Institutes of Health (NIH). The NIH reports that a deficiency in vitamin D has been linked to everything from a weakness in bones to possible high blood pressure and diseases caused by inflammation. It’s also been linked to depression.

The good news is you can get vitamin D through the food you eat. It’s found in fatty fish such as salmon and tuna. Cheese and egg yolks also contain the vitamin, as do some mushrooms. Many foods such as milk, cereals, yogurts and orange juice are fortified with vitamin D, too.

But diet alone may not be enough. If you think you’re low, ask your doctor about other ways to get vitamin D.

Need More D in Your Diet? Try:
- Egg yolks
- Fortified juices
- Fatty fish

Here Comes the Sunlamp
A 2007 study published in Photodermatology, Photoimmunology & Photomedicine found that patients with severe vitamin D deficiencies who used a UV light, which mimics sunlight from a light box or special sunlamp, for a few minutes a day a few times a week, either increased or maintained levels of the “sunshine vitamin.” Added bonus: Some light therapy boxes also filter out harmful UV light, and does not expose you to skin cancer risks like the actual sun does.

THE SKINNY ON SKINCARE
With age, the body’s protective outer layer loses fat, grows thinner and becomes less supple. Over time, skin becomes more vulnerable to the elements. It is more prone to dryness, more likely to itch and crack, and more susceptible to breaking open when scratched. As we age, skin also takes longer to heal.

Luckily, keeping your skin healthy is pretty simple. Here are a few ways:

- Use a humidifier to keep the air in your home moist.
- Drink plenty of water and fluids.
- Apply a moisturizer two to three times a day.
- Use lotions, creams and ointments that are free of alcohol, scents and dyes.
- Apply moisturizers after bathing, when skin is still damp.
- Avoid scrubbing your skin.
- Apply a sunscreen with an SPF of 15 or higher 15 minutes before going outdoors — even in winter — and reapply often.
- Avoid scratching. Apply cool compresses or over-the-counter cortisone cream to relieve itching.
Here to Help

UnitedHealthcare’s highly trained Customer Service representatives share one goal: giving you information and help that you may need. Whenever you call the number on the back of your member ID card, you can count on connecting with a friendly and knowledgeable person ready to answer your questions.

Two of those friendly people are David Gil and Holly Carroll. We asked them about the important role they play in serving members. Their responses shine light on what’s on the minds of our members — and what’s in the hearts of our Customer Service representatives.

Q: Why are UnitedHealthcare Customer Service representatives so committed to helping members?

“We treat our members like family and strive to help them live healthier lives,” David says.

Holly agrees. “This isn’t just a job,” she says. “When I help members receive the health care they deserve, I feel that I’ve done something important with my day.”

Q: How do you help members make the most of their health care plan?

“We receive a lot of calls regarding changes in primary care providers, especially from members who are moving,” Holly says. “My goal is to make the transition as easy and smooth as possible, which might mean calling the new provider’s office to help the member schedule an appointment.

“And when members call in about billing questions, my ultimate goal is to be compassionate to each member’s situation. I try to find a way to make the life of each member easier, whether that means simplifying the payment process with recurring payments or looking into options for assistance to lower the member’s premium.”

“Other common questions we receive are about what benefits are covered by the plan,” David adds. “We make sure members understand what is covered, and often send out additional tools and information by mail.”

Q: What other resources help members quickly access plan information?

“Beyond the one-on-one service our members have come to expect and appreciate when they call the Customer Service line, the plan website is an incredible tool,” David says. “Members can manage their claims, download plan information, look up doctors and so much more.”

HOLLY’S STORY

“In the past year, this career has taken on more meaning to me. I have an infant with cystic fibrosis, a genetic disease that affects his respiratory and gastrointestinal system. I know that when he is an adult, we will be dependent on Medicare for insurance. Someday, if he has to call in for help, I want him to be treated with courtesy and respect. I remember this for every call that I take from members, because someday it will be my son on the other end of the phone.”

How Are We Doing?

At UnitedHealthcare, we know you have choices when it comes to your health care plan. That’s why we’re always working to provide you with the best possible health care experience that includes a strong network of local providers, excellent customer service and opportunities to save money.

During the year, you may get a survey asking you about your experience with UnitedHealthcare. Please participate — your answers will help us continue to exceed your expectations. We value your membership and will never stop working to give you the positive experience you deserve. We’re not satisfied until you’re satisfied.
Make the Most of Your Annual Care Visit

**YOU SPEND A LOT OF TIME** talking with people every day, but how much time do you spend talking to your doctor — the person who can best help you manage your health? Chances are, you get to spend only a handful of minutes at a doctor visit actually visiting with your doctor!

Make the most of your visit by taking control of your own health care. Start by scheduling your $0 co-pay annual physical and wellness visit.* Yes, $0 co-pay, because it’s part of your plan. Make this visit early in the year to give yourself a good, healthy head start.

Then make sure you’re prepared for the visit with key questions, medications and health information. That way, you can make the most of each minute with your doctor. You can spend that time working together to make a plan for healthier living throughout the year.*

Things to consider at your visit

The key to a great doctor visit is to be prepared and to ask the questions that you need answered.

**BRING...**

- A list of all medications, vitamins and supplements that you’re taking. Better yet, place the labeled containers all in a bag and bring them to your appointment.
- The list of questions to the right and any additional questions that you want to ask about your health.
- A notepad to write down important information and answers to your questions.

**ASK...**

- Your doctor to explain things in a way you understand.
- Your doctor when you will get the results of any X-rays or tests that are performed.
- If your medical records are up-to-date.
- Your doctor if you need help managing your care between different providers or specialists.

GET REWARDED FOR YOUR ANNUAL CARE

With Renew Rewards, you’ll receive a gift card for completing your annual physical and wellness visit in 2016. To schedule your visit, call the phone number on the back of your member ID card. Watch your mail for more information on how you can earn rewards while enjoying the rewards of health and wellness.

*Covered at a $0 co-pay when you see a network doctor (if your plan has a network). A co-pay or co-insurance may apply if you receive additional services that are not part of the annual physical and wellness visit.
Warning Signs of Alzheimer’s

IN ABOUT THE TIME it takes to read the first two paragraphs of this story, another American will be diagnosed with Alzheimer’s. This is a disease that causes a slow decline in memory, thinking and reasoning skills. According to the Alzheimer’s Association, one adult develops the disease every 67 seconds.

There is still no known way to prevent, cure or even slow down the disease, and that can make us all feel discouraged. But, as with virtually all diseases, early diagnosis of Alzheimer’s can help people make decisions about their present and future care. By knowing the 10 early signs and symptoms of Alzheimer’s, you can help yourself or your loved ones get testing and care that may be needed.
10 Early Warning Signs of Alzheimer’s

1. Memory loss that disrupts daily life.
   ▶ Example: Forgetting recently learned information or asking the same question over and over.

2. Challenges in planning or solving problems.
   ▶ Example: Trouble keeping track of monthly bills.

3. Difficulty completing familiar tasks.
   ▶ Example: Having a hard time remembering the rules of a favorite card game.

4. Time or place confusion.
   ▶ Example: Forgetting how a destination was reached.

5. Trouble understanding visual images and spatial relationships.
   ▶ Example: Difficulty reading.

6. New problems with spoken or written word.
   ▶ Example: Repeating words.

7. Misplacing things and losing the ability to retrace steps.
   ▶ Example: Putting things in unusual places.

8. Decreased or poor judgment.
   ▶ Example: Paying less attention to personal grooming.

9. Withdrawal from work or social activities.
   ▶ Example: Avoiding social situations.

10. Changes in mood and personality.
    ▶ Example: Confusion, fearfulness and anxiousness.

Source: The Alzheimer’s Association

Remember: Occasional forgetfulness may be typical due to the lack of sleep or even dehydration that some of us experience from time to time. But if you consistently notice any of the symptoms listed above, be your best health advocate by making an appointment to see the doctor.

What to Expect at the Doctor

An Alzheimer’s diagnosis cannot be confirmed by a single test. Rather, diagnoses are made after a complete assessment that includes the following:

▶ A review of your medical history (including past illnesses and current prescriptions) and your family history (to see if any other family members have been affected by forms of dementia).

▶ A physical exam.

▶ A neurological exam.

▶ Mental status testing designed to study everyday mental skills and sense of well-being.

▶ Brain imaging.

According to the Alzheimer’s Association, in 2015 an estimated 5.3 million Americans of all ages have Alzheimer’s, and the number is expected to grow each year as the population of Americans age 65 and older grows.

The mind and body connection

According to a 2013 study in the Journal of Alzheimer’s Disease, exercising for 150 minutes a week may improve cognitive function in those at risk for the disease. Check out page 29 for ideas on gentle mind-body exercises such as yoga and tai chi.
Bob Vila must have grown up in a renovated brownstone, right? Or maybe one of those immaculate colonials with clapboard siding and a weathervane? After all, he’s spent most of his life reviving historic homes — as a private developer and remodeler as well as host and producer of popular home improvement TV shows. So it’s no stretch to think the king of handymen was raised a prince.

In reality, Vila spent his formative years in a humble concrete block bungalow in a middle-class area of Miami. His father was a Cuban intelligence officer who had come to the U.S. at the height of World War II to help his country and ours gather information about Nazi submarines stalking the Caribbean. After the war, Cuba’s changing political climate caused him to stay in Miami with his wife, daughter and young son, Bob.  

(Continued on page 16)
House Rules
The man himself tells us what he’s learned about homes over the years.

“How do you make your home a happy place? The principle thing is to know yourself. Know what you want your lifestyle to be like. For me, having lots of photographs, art and mementos around is important. But everyone’s different.”

“Light and views are important. I’ve been blessed with opportunity to live in spaces that offer both.”

“Your home should reflect the surrounding environment. For example, my Palm Beach home benefits from light, air and lovely views. It has a terrific garden, and the house reflects all that with woven natural fibers and wicker.”

“I love indoors and outdoors blending together almost anywhere.”

“I’m pushing 70, and as you mature, editing in your home becomes more important — giving things away becomes more pleasurable.”

“For me, the perfect cocktail with regards to reconstructing a house is one that has romance and history, great bones and design, and requires a lot of detective work.”

“You don’t always want to save everything. Here I am sitting in my New York City apartment looking through an 80-year-old window that I wish I could replace.”

The elder Vila, whom Bob refers to as Papa, built the family home by hand. It had two bedrooms, one bathroom and a porch made out of planks of Pecky cypress. But what the home lacked in size and charm, it made up for in love. “I remember a warm and protective environment,” says Vila from his Manhattan apartment, one of three homes he shares with his wife of 40 years, Diana Barrett. “My earliest memory with my father and mother was that they had a coffee business, importing beans from Cuba. At night they’d grind and package strong-smelling coffee in a back room. I grew up with that amazing smell in the house.”

Vila credits Papa for showing him the ways of the hammer and for instilling a love of tinkering and building. “When I was 4 or 5, I declared I was going to be an architect,” he says. “I was always creating something out of blocks.” But would you believe that years later Vila was intimidated by the high math requirements in architectural school? “I was always creating something out of blocks.” But would you believe that years later Vila was intimidated by the high math requirements in architectural school? It’s true! Luckily, he had great English scores and instead attended journalism school at the University of Florida, Gainesville.

Upon graduating, he spent time in the Peace Corps building houses in Panama City. Then came a life-changing sojourn in Stuttgart, Germany, where a friend who had set up a translation business hired Vila as an editor. “The experience of living and traveling in Europe opened my eyes to the beauty of architecture from the 19th century and earlier,” says Vila.

With a new passion for old buildings, Vila enrolled at Boston Architectural College in the mid-1970s, gaining hands-on experience renovating old brownstones. To pay the bills, he bought a van and started a one-man remodel business. In the midst of all of this, he married Barrett and renovated a Victorian Italianate home outside of Boston. After Better Homes and Gardens wrote about the rehabbed residence, Vila was plucked...
from obscurity to host a new home improvement show for local public television station WGBH Boston.

This Old House debuted in 1979 to instant success. Featuring a gloriously bearded and telegenic Vila and a friendly carpenter named Norm (Abram, a co-host to this day), the show demystified home maintenance and restoration. As Vila likes to say, “It took the mystery out of what’s behind the walls.” This Old House won a regional Emmy after its first season, and during its second season was picked up by 200 public TV stations around the country.

A career based on our love of homes was built, with commercial endorsements, residential development projects, and with other shows, like Bob Vila Home Again, which he both hosted and produced.

Today, his main gig is bobvila.com, which provides a wide variety of maintenance and repair advice. Now nearing age 70, he also spends plenty of time with his three grown kids and their children.

Looking back, Vila says his most important legacy is “empowering men and women to be in control of their homes, to be much more aware of the potential for improving their living space.” He points to his role in reviving beautiful, historically important homes, which taught him that all homes — big and small — have a story, and that those stories are worth remembering.

Bob Vila’s 10 Commandments of Staying in Your Home

We all adapt as we age. Our houses should, too.

1. Limit the Steps
If possible, make the entry to your home step-free.

2. Go Low Maintenance
Opt for vinyl siding, metal roofing and composite decking.

3. Improve Convenience
Choose furniture, appliances and cabinetry that require little or no bending and are easy to use and access.

4. Choose Smart Appliances
For example: stoves that beep when they turn on and off.

5. Bathe Safely
Opt for a higher toilet. Install bars to hold onto while getting in and out of the shower or bath.

6. Go Hands-Free
Touch-free sinks allow for ease of use.

7. Ditch the Throw Rugs
They’re a tripping hazard.

8. Master the Stairs
If you have to have stairs, cover them with slip-resistant material. Consider installing a second banister.

9. Up the Lighting
Install fixtures or lamps in darker spots in your home. Reinstall light switches at a more comfortable height.

10. First-Floor Master Bedroom
A main-floor master suite can cut your need to navigate stairs.

Illustrations by James Carey
“There's no place like home.” —The Wizard of Oz
Home Is Where Your Health Is

How to keep your living space clean, safe and organized so you may feel lighter, healthier and more free to enjoy your life.

By Suzy Frisch and Heidi Pearson

Photo by Adam Voorhes

Most of us know we have clutter we can cut out of our homes. But often we find ourselves letting things slide in favor of more pressing (and more enjoyable) tasks than decluttering. It’s easy to put it off.

The vast amounts of “stuff” we have can make us reluctant to downsize, even when we know we’re ready, notes David Ekerdt, a sociology professor and director of the Gerontology Center at the University of Kansas, who researches the transitions of later life. “People feel the weight of these possessions,” Ekerdt says. Then why do we keep them? “For some, they comfort us and remind us of other people and our past. To discard these things, is in a way, discarding ourselves. It’s emotional.”

Clutter also prevents us from optimal organization. The more stuff we have, the harder it is to find and properly use the things we do have, and to keep track of important tasks and objects.

No matter where or how you live, it’s important to clear out what’s unnecessary in your home and to organize and accident-proof what is. Doing so will give you the powerful gift of a clean mental and physical space, which can have a powerful impact on your life, says Mary Kay Buysse, executive director of the National Association of Senior Move Managers in Chicago.

Here’s to tidying up — for your health!
**Distracted by Clutter**

Neuroscientists at Princeton University found that physical clutter in your dwellings diverts attention from tasks at hand. The result is decreased cognitive performance and increased stress level. In other words: Clutter may make you distracted, scatterbrained and stressed out.

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**PREVENT FALLS**

Clutter in your home can be a hazard. Here’s how to prevent falls at home, where they occur most often.

- Remove boxes, newspapers and cords from walkways and traffic areas.
- Secure loose rugs with double-faced tape or slip-resistant backing. Or get rid of rugs altogether.
- Repair loose flooring such as boards, carpeting or linoleum.
- Use nonslip mats in your tub or shower, and install grab bars in your tub, shower and near your toilet.
- Use nightlights in your bedroom, bathroom and the path between.
- Keep paths to light switches clear of clutter.

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**OVERCOME YOUR BARRIERS**

Here are the main barriers to decluttering, according to David Ekerdt, a sociology professor and director of the Gerontology Center at the University of Kansas:

**Barrier:** It takes physical effort to sort through items, pack them in boxes and haul them around the house.  
**Start by:** Doing smaller jobs, and don’t be afraid to ask for help.

**Barrier:** It takes cognitive effort to plan where items will go and line up a mover or other assistance.  
**Start by:** Writing lists and directions for yourself when you make decisions — use a clipboard, sticky notes, whatever you can to keep track of your thought processes.

**Barrier:** It’s emotional to go through items and part with things that remind people of loved ones and their past.  
**Start by:** Committing to feeling your memories in the moment. Welcome any emotions — pleasant or unpleasant — without judgment.

---

**Home**

**Four Tips to Tidying Up**

1. Get started on a project long before you need it finished.
2. Start working when you feel most energetic.
3. Break down the project into smaller jobs — don’t try to do everything at once.
4. Take photos of items in a cherished collection, put the photos in a frame or album, then donate the items.
Love It, Need It or Leave It

Have you accumulated a lifetime of household items? Mementos, paperwork, sporting goods and tools, clothing and family keepsakes you haven’t looked at or used in years?

When deciding what to do with an item, “We tell people, ‘Either you love something or you need something. If it doesn’t answer either of those things, it doesn’t stay,’” says Mary Kay Buysse, executive director of the National Association of Senior Move Managers in Chicago.

Another question to ask yourself: “Are these objects in my life going to help me move forward or are they blocking me?” asks Dr. Regina F. Lark, CPO®, founder and president of A Clear Path, a professional organizing firm in Los Angeles. “If you have a hand on the past and a hand on the future and you’re fearful of both, it compromises your ability to feel comfortable in the present.”

Here’s a simple chart — yet another way to help you decide what to keep and what to let go:

<table>
<thead>
<tr>
<th>Love It</th>
<th>Need It</th>
<th>Leave It</th>
</tr>
</thead>
<tbody>
<tr>
<td>The item reminds you of important loved ones, big life events or milestones, is an original piece of artwork or craft work, carries heirloom status to you, or is otherwise cherished by you.</td>
<td>The item is something you use on a regular basis. It’s important to put a critical eye on this — you may use a coffeepot daily, but when was the last time you used that fondue set? Says Lark, “Assess whether you truly need each item. Don’t retain items out of fear that you might need it later, or because someone might be angry if you get rid of it.”</td>
<td>The item has no value to you or to anyone else. Examples include old papers, appliances that don’t work or are woefully outdated, broken items and outdated sporting goods collecting dust.</td>
</tr>
<tr>
<td><strong>What to do with it:</strong> Keep it and display it. Or, if it is an heirloom you don’t have room for, give it to someone who will appreciate it — a family member or friend, or even an organization that might benefit from it.</td>
<td><strong>What to do with it:</strong> If you are using an item at least once every six months, it’s probably worth keeping around. If not, gift or donate it.</td>
<td><strong>What to do with it:</strong> Shred all the papers and bag up for recycling. Salvage any heavy or precious metal that may have monetary value. And have the rest hauled away.</td>
</tr>
</tbody>
</table>

Who Can You Call?

Lots of folks. “A key to big decluttering projects is knowing what you’re capable of and what you’re not,” Lark says. What time of day do you work best? Do you need motivation from a friend or family member? What are you capable of physically, and what do you need help with? Being honest about your limitations will help you get the job(s) done.

- Friends and family can help you with the physical labor and emotional work of ridding your home of clutter. They can also help you spot trouble — a rail that needs fixing, a fire alarm that needs installation or a rickety set of steps.
- Professional organizers will help you choose what to keep and what to throw, and they’ll update your home to make it easier to stay on top of organization tasks.
- Estate sale companies specialize in helping you sell items of value — and decide what is and isn’t for sale.
- Senior move managers work side-by-side with clients on downsizing, with the goal of settling into a new home. They can also help evaluate your current home for safety, such as whether you need grab bars in the bathroom.
Rx: Organization

Taking multiple medications as prescribed can be challenging — yet doing so is vital for your health. Here are some proven methods that will help you organize and manage your prescriptions and may help enhance your quality of life.

1. Use daily dosing containers (available at most pharmacies).

2. Keep a written schedule of the medications you take, how often you take them and how much you take each time. Create your own chart or visit www.fda.gov and type “My Medicine Record” into the search window for a handy downloadable format.

3. Ask your doctor for 90-day supplies of your medications. The bigger the supply, the fewer times you need to refill your prescription!

4. Establish a routine: Place your medications where you can’t miss them — by your toothbrush or the kitchen sink, for example — and take them at the same time each day (unless your doctor tells you to do otherwise). Have a smartphone? Set up a daily alarm clock reminder.

Help Keep Track of Your Health and More

Visit MedicareMadeClear.com/SmartOrganizer to download and print the SmartOrganizer, a tool to help you:

- Keep important documents in one place (insurance forms, financial account information and more).
- Manage your wellness appointments and medications.
- Provide loved ones with vital information.
- Organize medical bills and payments.

Medications Delivered to Your Door

If your plan has prescription drug coverage, for your convenience you can have them delivered from your plan’s prescription home delivery pharmacy, OptumRx®. With home delivery you could enjoy a $0 co-pay for a 90-day supply of Tier 1 and Tier 2 medications. In addition, you can transfer existing prescriptions to home delivery, request refills and talk to a pharmacist. Get started today at OptumRx.com, or call 1-888-658-0539, TTY 711.

Manage That Project

For larger projects, like decluttering a whole house in preparation for a move or making needed safety improvements, Lark recommends a project management schedule. It should include a list of every room that needs organizing, with a start and end date for each one.

Room:

Items to remove:

Items to keep:

Updates needed:

Need help from:

Deadline:

Date completed:
Game Center
Test your brain power with our Sudoku puzzle, quiz and riddles.

**Sudoku**
Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

![Sudoku puzzle]

Difficulty Rating: ★★★★☆☆☆☆☆

**Riddles**
See how many of these logic riddles you can answer correctly.

1. If you ran a race and passed the person in third place, what place would you be in now?
2. What is full of holes but can still hold water?
3. If you have it, you want to share it. If you share it you don’t have it. What is it?
4. What can travel around the world and stay in a corner?
5. What disappears the moment you say its name?

**Quiz**
Put your geography knowledge to the test with these multiple-choice questions.

1. How many large islands make up the Hawaiian Islands?
   - A) 10  -  B) 14  -  C) 8  -  D) 6

2. What is the world’s largest lake by surface area?
   - A) Lake Huron  -  B) Caspian Sea  -  C) Lake Baikal  -  D) Lake Victoria

3. Which is the oldest national park in the United States? (Hint: It was designated by President Ulysses S. Grant.)
   - A) Glacier National Park  -  B) Crater Lake National Park  -  C) Yosemite National Park  -  D) Yellowstone National Park

Answers on page 34
Enjoy a powerful breakfast salad with poached eggs and avocado. Recipe on page 26.
Good Morning, Sunshine

Wake up your senses and your metabolism with these easy, light and healthy twists on breakfast. Plus: Eye-opening citrus dressings!

By Betsy Nelson | Photos by Terry Brennan
Breakfast Salad with Poached Egg
(photo on page 24)
Salad for breakfast? Yes! With a poached egg, it suddenly seems perfect. For more antioxidants and a nice sweet crunch, try a sprinkle of pomegranate seeds.

- 2 cups arugula, baby kale or spinach
- 1 avocado, cubed
- 1 pink grapefruit, peeled and cut into segments
- ¼ cup toasted walnuts
- 2 large eggs
- ¼ cup citrus vinaigrette (see recipes on page 28)
- salt and pepper to taste

Toss the greens, avocado, grapefruit and walnuts in a bowl. Poach eggs in a 2-quart saucepan of gently boiling water. (See poaching tips below.) Remove the poached eggs from the water with a slotted spoon and drain briefly on a paper towel. Top each salad with an egg, season with salt and pepper, and drizzle with citrus vinaigrette. Makes 2 salads.

Calories: 328.9, Net Carbs: 11.0g, Total Carbs: 18.2g, Fiber: 7.2g, Sugar: 1.7g, Protein: 11.9g, Total Fat: 25.6g, Saturated Fat: 4.1g, Cholesterol: 236.9mg

Poach Like a Pro:
1. Place the whole eggs gently into boiling water for 10 seconds.
2. Remove the eggs with a slotted spoon and drop the water’s temperature to a gentle simmer.
3. Crack each egg into the simmering water, cover and poach for 1-2 minutes.
4. Remove with slotted spoon.

Overnight Oatmeal in Jars
The “grab and go” simplicity and the opportunity for variety make the overnight prep so worth it. And it makes great use of old jelly jars!

Orange Ambrosia or Strawberry Chia Oatmeal Cup
- 1 cup rolled oats (not quick oats)
- 1 cup yogurt
- 1 cup almond, cashew, coconut or dairy milk
- 1 tablespoon honey
- ½ teaspoon vanilla extract
- 4 tablespoons finely grated unsweetened coconut, or 4 teaspoons chia seeds
- 1 cup orange segments, quartered, or 1 cup frozen sliced strawberries
- 4 teaspoons golden flax seeds
- 4 half-pint jelly jars

Put ¼ cup rolled oats into each jelly jar. Whisk the yogurt, milk, honey and vanilla extract together in a bowl and pour an equal amount over each jar of oats. Top each jar with 1 tablespoon coconut, ¼ cup orange pieces and 1 teaspoon flax seeds. Cover the jar with a lid and shake to mix. Store in the refrigerator overnight. Eat within 3 days. Serves 4.

Calories: 185–204.7, Net Carbs: 25.0g, Total Carbs: 29.5g, Fiber: 4.5–5.6g, Sugar: 11.3–12.7g, Protein: 7.7g, Total Fat: 4.4–6.9g, Saturated Fat: 3.4–5g, Cholesterol: 1.2mg

Start your day right with colorful peppers and sunny side up eggs.
Sunny-Side Up Egg in a Pepper Ring

It’s more than just a pretty face — this clever idea is a great way to add high-antioxidant vegetables to your breakfast, and it’s easy to make.

1 teaspoon olive oil
4 ¼”-thick slices bell pepper (any color)
4 eggs
salt and fresh ground black pepper to taste

Heat the olive oil in a nonstick skillet over medium heat. Arrange the bell pepper slices so that they sit flat in the skillet. Crack an egg into each bell pepper slice and season with salt and pepper. Turn the heat to low and cover the pan and let cook for 1-2 minutes, until eggs are cooked as you like them. Serve warm. Serves 2. Calories: 177.1, Net Carbs: 2.6g, Total Carbs: 3.6g, Fiber: 1.0g, Sugar: 2.7g, Protein: 13.0g, Total Fat: 12.3g, Saturated Fat: 3.4g, Cholesterol: 423.0mg

Visit renewAARP.com for easy-to-make vegetarian breakfast recipes.
Citrus Vinaigrettes
Just whisk the ingredients together and serve. What a day-brightener!

Pink Grapefruit Vinaigrette
2 tablespoons pink grapefruit juice
1 teaspoon white wine vinegar
salt and pepper to taste
2 tablespoons olive oil

Lemon Dijon Vinaigrette
2 tablespoons fresh lemon juice
½ teaspoon lemon zest
½ teaspoon Dijon vinegar
½ teaspoon honey
salt and pepper to taste
2 tablespoons olive oil

Orange Rosemary Vinaigrette
2 tablespoons fresh orange juice
½ teaspoon minced fresh rosemary leaves
pinch smoked Spanish paprika
pinch salt to taste
2 tablespoons olive oil

Buckwheat Apple Pancakes
Buckwheat, high in fiber and with a nice nutty flavor, is a good breakfast choice. These pancakes are filled with apple slices so they’re even higher in fiber and have a touch of sweetness.

2 large Granny Smith or Fuji apples (or other baking apples) sliced ¼" thick
¾ cup buckwheat pancake mix
1 egg, beaten
2 teaspoons sunflower oil
½ teaspoon vanilla extract
½ teaspoon cinnamon
¼ cup almond, cashew, coconut or dairy milk
2 tablespoons sunflower or other high-heat oil for the griddle
½ cup toasted pecans
½ cup maple syrup

Preheat the griddle over medium-low heat. Mix the buckwheat pancake mix with the egg, sunflower oil, vanilla extract, cinnamon and milk until just blended. Dip each apple slice in the pancake batter and place on the oiled griddle. Cook until browned and cooked on each side, turning after 1-2 minutes. Keep warm while you prepare the other apple cakes. Serve with toasted pecans and a drizzle of maple syrup. Serves 4. Calories: 408.2, Net Carbs: 52.8g, Total Carbs: 59.3g, Fiber: 6.5g, Sugar: 35.7g, Protein: 6.2g, Total Fat: 18.4g, Saturated Fat: 2.0g, Cholesterol: 52.9mg

Breakfast Bagel Sandwich
This is not your everyday breakfast sandwich, thanks to whole wheat, turkey bacon and leafy greens.

1 whole grain bagel or ‘sandwich thin’ whole grain bun
1 teaspoon olive oil
1 egg
1 slice turkey bacon
1 slice provolone cheese
¼ cup baby arugula, spinach or kale
salt and pepper to taste

Toast the bagel or bun. Heat the olive oil in a large nonstick skillet and add the egg and bacon to the skillet. Cook the egg on one side until almost set and then flip and cook the other side. Top the egg with the slice of provolone. Turn the bacon once to brown on both sides. Put the arugula or other greens on the bottom half of the bagel or bun and top with the egg and turkey bacon. Add the top half of the bun and enjoy. Serves 1. Calories: 331.5, Net Carbs: 17.6g, Total Carbs: 22.7g, Fiber: 5.2g, Sugar: 1.7g, Protein: 23.5g, Total Fat: 17.0g, Saturated Fat: 5.4g, Cholesterol: 247.1mg

Foods rich in vitamin C (like citrus) eaten with eggs will help your body absorb the iron in the egg yolk.
Working the Body and the Mind Together

Gentle exercise like tai chi and dancing can improve both physical and mental health. **BY LINDA MELONE, CSCS**

**GENTLE EXERCISE** is a great way to keeping moving, and its benefits go beyond the physical.

Mind-body workouts can help improve strength, posture, balance and flexibility, and they may also contribute to a sense of well-being, says Paige E. Denison, director of EnhanceFitness at Project Enhance Senior Services in Seattle, WA. “While not all exercise is good for a particular individual, the proper amount, intensity and type of physical activity can be life-changing.”

Try the following mind-body exercises that may help keep you sharp in both body and mind.

**TAI CHI**

Often called “moving meditation,” tai chi is a gentle form of exercise that uses flowing motions accompanied by deep breathing. A 2012 study in the *Journal of Alzheimer’s Disease* found an increase in brain volume and memory improvement among seniors who practiced tai chi three times a week. “People also talk about experiencing a sense of calm and clarity as among the benefits,” says Denison.

**YOGA**

Practicing yoga for just eight weeks improved both the physical and mental well-being of people with knee osteoarthritis and rheumatoid arthritis, according to a 2015 study from Johns Hopkins researchers. Compared with a control group, people who practiced yoga reported a 20 percent improvement in pain, energy levels, mood and the ability to perform activities at home and work. “Yoga and tai chi can be done mindfully or mindlessly,” says Lorenzo Cohen, Ph.D., director of MD Anderson’s Integrative Medicine Program in Houston, TX. “Yoga in particular can incorporate meditation and controlled breathing techniques, which can help ease stress.”

**DANCE**

Dancing can also be a gentle exercise. It can improve your balance and make it less likely you’ll suffer a fall, a 2010 University of Missouri study shows. “Dancing helps you get in physical shape of course,” says Cohen.

Ideally you want to be able to practice the mind-body benefits of each type of exercise, not only during your workout but also “off the mat.” “Try to lead a more mindful life in everything you do,” says Cohen. “Although a specific recommended ‘dose’ of exercise hasn’t been studied, in general the more you do the better the outcome.” Remember, check with your doctor before beginning any exercise program.

Visit [renewAARP.com](http://renewAARP.com) for information on how exercise may reduce the risk of Alzheimer’s disease.
Be Prepared
Estate planning helps you take charge of how you want your care to unfold.

DON’T WAIT TOO LONG.
You may have strong thoughts about how you want to be treated in case of a life-limiting illness and how you want your wealth and possessions distributed upon your death. But if this information isn’t formalized before it is needed, the consequences for you and your loved ones can be significant.

“There is nothing worse than having someone making decisions about the end of your life that are different than what you would have wanted,” says Dr. J. Donald Schumacher, president and CEO of the National Hospice and Palliative Care Organization in Virginia. “Everyone should do end-of-life planning and discuss those wishes with family members.”

Estate planning isn’t just for those over age 65. Adults of all ages who have dependents or assets should legally document their preferences for their end-of-life care. This should also include division of their assets, and the person they wish to make health care and financial decisions for them if they become unable to.

“Life is unpredictable, no matter your current age or health status,” says Jordon Rosen, president of the National Association of Estate Planners and Councils. “It’s good for individuals and married couples to get their houses in order well before an event happens. Otherwise the individual might not have the capacity to execute the documents.”

END-OF-LIFE CARE
When thinking about medical care at the end of your life, it’s important to create a health care directive that spells out wishes for treatments and for hospice. “Hospice and palliative care teams focus on keeping people comfortable, alert and engaged in their family life as long as possible,” Schumacher says. “The hospice team follows a plan of care more focused on comfort than on a cure.”

Several national associations have websites with health care information.
have questions, seek the advice of an estate planning attorney in your state.

What should you look for when hiring someone?
- An estate planning attorney in the state in which you live.
- A professional with a list of clients who can provide excellent testimonials.
- A professional with a fee structure that meets your needs and is clear to you.

In your estate planning, the goal is to spell out your wishes so that family and friends aren’t guessing on your behalf and aren’t left with conflicts when you are gone. It will offer peace of mind for you, and for those who care for you.

WHERE TO FIND HELP
You can, with the help of worksheets found online, create a simple estate plan yourself. If you

WHY NOT? According to a 2014 survey by the legal service Rocket Lawyer, 51 percent of Americans between the ages of 55 and 64 do not have wills. The reason people most often give: They just haven’t gotten around to making one.
IT’S TIME TO WAKE UP to some good news about Americans’ sleep habits as they age: A 2012 study published in Healthy Aging & Clinical Care in the Elderly states that more than half of people age 65-plus clock a healthy 7.5 hours of quality sleep per night, typically between 11:30 p.m. and 7:30 a.m. That makes for restful nights and more wakeful days.

Of course, not everyone enjoys such sound slumber. If you find yourself consistently suffering from insufficient sleep, it could be a sign of an underlying health issue. According to the Centers for Disease Control and Prevention, insufficient sleep is associated with several chronic diseases and conditions, including diabetes, obesity, depression and cardiovascular disease. It’s also associated with impaired function during the day — a bad night’s sleep can equal a scary day of driving.

If you’re experiencing symptoms of any of the following sleep disorders — or just have ongoing concerns about the quality of your sleep — seek help from your doctor.

CENTRAL SLEEP APNEA
Snoring, snorting and shortness of breath all are warning signs of central sleep apnea. The National Institutes of Health (NIH) reports that people with sleep apnea may experience repeated stops in their breathing that last from just a few seconds to a minute or more, with a frequency that can exceed 30 times in one hour. Extreme sleepiness during the day can be a result of all that interrupted sleep at night. Conditions that can cause or lead to central sleep apnea include
The National Institutes of Health reports that chronic insomnia affects approximately 30 percent of the population.

Parkinson’s disease, obesity and heart failure, according to the NIH.

OBSTRUCTIVE SLEEP APNEA
Obstructive sleep apnea is the most common type of sleep apnea, according to Mayo Clinic. A narrowed or partially blocked airway causes pauses in your breathing while you sleep. Obstructive sleep apnea is often marked by very loud snoring. Factors that may increase your risk for the condition include obesity, large tonsils or tongue and a lower jaw that is shorter than your upper jaw, the NIH reports.

RESTLESS LEGS SYNDROME (RLS)
This neurological movement disorder causes people to feel an irresistible urge to move their limbs. Many RLS sufferers describe an uncomfortable creeping sensation in their legs that makes it difficult to fall asleep. The NIH states that in most cases there is no known cause for RLS, though it may sometimes be caused by conditions such as anemia. Symptoms can worsen when RLS sufferers consume caffeine, tobacco and alcohol.

INSOMNIA
According to the NIH, this sleep disorder can affect people throughout the night, making it hard to fall asleep and stay asleep. As a result of getting too little sleep at night, insomniacs may feel extremely sleepy during the day, even to the point of impaired function. The NIH states that episodes of insomnia may come and go, be short-term (lasting up to three weeks) or be chronic (long-lasting).

Why suffer through one more night of poor-quality sleep without taking a step toward improving it? A simple call to your doctor today could very well result in more restful sleep down the road. Remember: Getting a good night’s sleep should be viewed as an essential aspect of your overall health — not as a rare luxury.

Your Best Zzzzs
Discover your inner sleepyhead with these tips from the American Academy of Sleep Medicine.

- Keep it consistent. Wake up at the same time daily, even on weekends.
- Don’t fight it. If you haven’t fallen asleep after 20 minutes, get out of bed and do something quiet.
- Make your bedroom comfortable, cool, quiet and relaxing.
- Limit caffeine to the morning, and don’t drink alcohol before bedtime.
- Dim the lights throughout your home as bedtime approaches.


Unplug before turning in
According to the National Sleep Foundation, even small blinking lights on our tablets or smartphones are enough to trick the brain and promote wakefulness. To get the best rest possible, leave electronic devices in another room — even when you think they are turned off or on silent.
Pass It On

If you have been happy with your UnitedHealthcare Medicare plan, pass it on. UnitedHealthcare has a range of Medicare plans designed to meet a variety of needs and budgets. Your friends and family can get more information about plans in their area by contacting UnitedHealthcare.

1-855-517-3460, TTY 711
Or go to UHCPassItOn.com

Brain Booster Answers:

Sudoku

Riddles
1. Third place
2. A sponge
3. A secret
4. A postage stamp
5. Silence

Quiz
1. C (8)
2. B (Caspian Sea)
3. D (Yellowstone National Park)

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¹You are not required to use OptumRx home delivery for a 90-day supply of your maintenance medication. If you have not used OptumRx home delivery, you must approve the prescription order sent directly from your doctor to OptumRx before it can be filled. New prescriptions from OptumRx should arrive within ten business days from the date the completed order is received, and refill orders should arrive in about seven business days. Contact OptumRx anytime at 1-877-266-4832, TTY 711. OptumRx is an affiliate of UnitedHealthcare Insurance Company.

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Let’s Talk About Healthy Intimacy

A topic too often avoided, sexual health is an important part of overall health as we age.

Q
My sex drive seems to be slowing down. How can I jump-start it?

A
I need to tell you how happy I am that you’re raising this topic. One of the great things about our generation is that most of us recognize there is no shame in talking about sex, whether it’s with our partner, our close friends or our health professionals.

Let me start by saying that sexual health is a big part of our overall health as we age, and there are numerous benefits to staying sexually active. It fulfills our very human need for intimacy, it’s not a bad way to get some exercise, and it’s just plain enjoyable — or at least it should be.

Unfortunately, there are roadblocks that can prevent a smooth path to satisfying sex as we age. Here are a few of the things that can put a damper on our desire or diminish our sex drive entirely:

- Physical changes that happen as we get older (for example, decreases in vaginal lubrication for women or erectile dysfunction in men).
- Diseases and chronic conditions, such as arthritis or diabetes.
- Mental illnesses (for example, depression).
- Side effects of medication.

But let me be clear: Most of these roadblocks can be overcome! The first step is to be honest with your physician about your sexual concerns. Please don’t be embarrassed. Your doctor wants to know about what’s troubling you in this important area of life.

Secondly, we all need to remember that sex, ultimately, is about intimacy and being close to someone. Healthy sexuality starts when we accept and love ourselves as we are today — and also when we accept, love and care about our partner. We are beautiful no matter our age. Regardless of what we’ve experienced in our overall health journey, we are capable of loving and being loved.

I encourage you to take heart, because I believe that a healthy and satisfying sex life is very much within your reach.

Prioritize safety
The risk of sexually transmitted diseases does not diminish as we age. An alarming number of older Americans are contracting sexually transmitted diseases because they’re not taking proper precautions. If you’re not in a mutually monogamous relationship, you should use protection.
Your health is one of your greatest assets. Helping you take control of your health and wellness is important to us, which is why Renew has become much more than a magazine. As a member, Renew is now your destination for what you need to know to:

- Discover how to manage the health care process and make the most of your plan benefits.
- Learn about preventive care and why it’s so important to schedule your annual care visit today.
- Take a variety of online educational courses (such as the all-new “Living Well with Diabetes.” Sign up today!)
- Find articles, videos, activities and recipes to help you live healthier.

Learn more about Renew today at renewAARP.com.