Follow these simple steps toward a healthy lifestyle and potentially reduce your risk of falls and fractures:

1. **Prevention**
   - Eat a healthy diet that includes calcium and vitamin D.
   - “Keep Moving!”* Look for a walking club in your community. Visit [www.mass.gov/dph/keepmoving](http://www.mass.gov/dph/keepmoving). Or call **1-800-227-7233**.
   - Check your plan benefits for fitness-related savings.

2. **Education**
   - Learn more about preventing a fall; call the Falls Prevention Information Line: **1-800-227-SAFE (7233)**.
   - Check out some useful websites on the back for more information.

3. **Screening**
   - Take charge of your bones by keeping up with osteoporosis screenings, as recommended by your physician/clinician.

Blue Cross Blue Shield of Massachusetts is a Medicare Advantage Organization with a Medicare contract.
Useful websites:
For more information on calcium, vitamin D, and physical activity, please visit these websites:

- National Osteoporosis Foundation: [www.nof.org](http://www.nof.org)
- Mayo Clinic: [www.mayoclinic.com](http://www.mayoclinic.com)
- National Institutes of Health: [www.nih.gov](http://www.nih.gov)
- Centers for Disease Control: [www.cdc.gov](http://www.cdc.gov)
- Department of Public Health: [www.mass.gov/massinmotion](http://www.mass.gov/massinmotion)
  - [www.mass.gov/massinmotion/portuguese](http://www.mass.gov/massinmotion/portuguese)
  - [www.mass.gov/massinmotion/spanish](http://www.mass.gov/massinmotion/spanish)

*Keep Moving is sponsored by the Massachusetts Department of Public Health.
** Consult with your physician/clinician before starting an exercise program.

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