



This week marks the end of 2019 and the beginning of a new year - a new decade even! As we say goodbye to 2019 and think ahead to 2020 I encourage you to make your health a priority!

(1) Immunizations

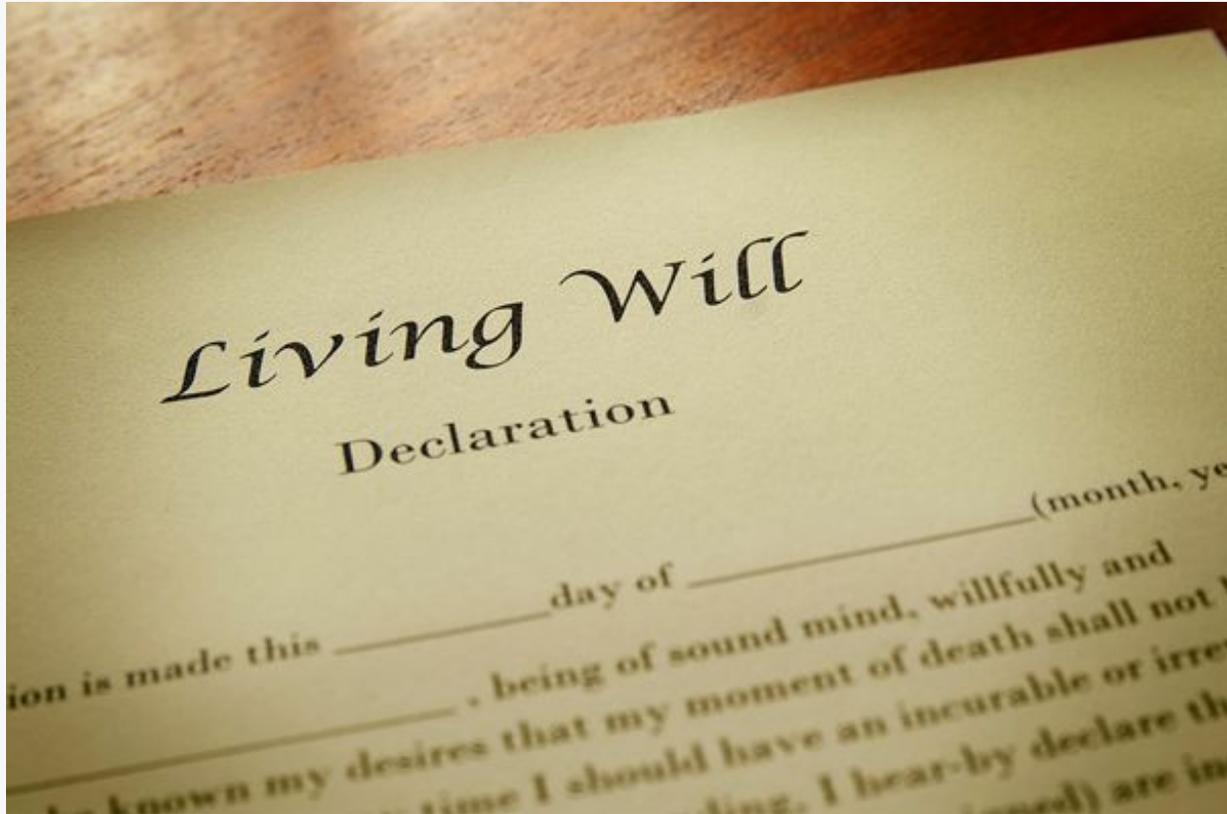
* *Shingles*: There are 2 types of zoster vaccine. You should get 2 doses of RZV at age 50 years or older (preferred) or 1 dose of ZVL at age 60 years or older, even if you had shingles before.

* *Pneumococcal*: There are 2 types of pneumococcal vaccine. You should get 1 dose of PCV13 and at least 1 dose of PPSV23 depending on your age and health condition. For most of us, this is recommended at age 65 years or older.

* *Flu*: You should get the flu vaccine every year.

* *Tdap or Td (Tetanus, diphtheria, pertussis)*: You should get 1 dose of Tdap if you did not get it as a child or adult. You should also get a Td booster every 10 years.

Women should get 1 dose of Tdap during every pregnancy.



(2) Advance Directives

If you haven't already completed a **Directive to Physicians** (also known as a Living Will) and a **Medical Power of Attorney**, commit to making that happen early in 2020.

A **Directive to Physicians** or Living Will is designed to help you communicate your wishes about medical treatment at some time in the future when you are unable to make your wishes known because of illness or injury. And YES - even those of us that consider ourselves young still need to do this. If your spouse was in a car accident tomorrow and was unable to communicate, would you know his/her wishes regarding aggressive medical treatments, or end of life care?

If you feel unsure how to even start this process I encourage you to download a free Starter Kit to help you start the conversation at The Conversation Project .

[The Conversation Project](#)

A **Medical Power of Attorney** is a document that gives the person you name as your

agent the authority to make any and all health care decisions for you in accordance with your wishes, including your religious moral beliefs, when you are no longer capable of making them yourself.



(3) Get your complete health history down in writing.

Before the first week of 2020 is over commit to taking 30 minutes to write down your health history. This will be invaluable to you and your loved ones if you need to urgently seek medical care. Your health history includes:

- * All chronic illnesses you are currently receiving treatment (high blood pressure, diabetes, gout, asthma, etc.)
- * Illnesses you have had in the past and are no longer undergoing treatment (cancer, pneumonia, gallstones, hepatitis, etc.)
- * All prior surgeries - if you know the year and hospital/surgeon even better!
- * All medications you currently take including OTC (over-the-counter) - have name, dosage and how many times a day you take that medication listed.

* All prior hospitalizations and associated diagnoses (heart attack, broken hip, skin infection, etc.)

* Names and phone #s of all your medical providers including PCP (Primary Care Provider) and any specialists (cardiologist, endocrinologist, oncologist, etc.).



May you and your loved ones have a Happy New Year and Healthy start to 2020!

Blessings,

Mechelle

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