

Here's your Healthy Aging Results™ to save for future reference.

Your score is a snapshot of how your everyday habits are supporting healthy aging today. Find your score range below to learn more about your results and discover one simple way to keep moving forward.

 40–48 | THRIVING**Your everyday habits are strongly supporting healthy aging.**

You've built a strong foundation across many of the areas that contribute to living well. Your answers suggest that healthy habits are already an important part of your everyday life.

Try This: Look at the areas where you scored a little lower and choose one to focus on this month. Keep challenging yourself to stay active, connected, curious and engaged. Healthy aging isn't about reaching a finish line – it's about continuing to learn, adapt and grow.

 31–39 | BUILDING STRONG HABITS**You're doing a lot of things right—and you have some great opportunities to build on them.**

Your answers suggest that many healthy-aging habits are already part of your life, even if they aren't always consistent. Strengthening just a few of those habits can help you continue building a strong foundation for living well.

Try This: Look at the areas where your answers were less consistent and choose one healthy-aging habit to strengthen this month. Whether it's moving more, improving your sleep routine, connecting with others or making more time for things you enjoy, small changes can add up.

 22–30 | ROOM TO GROW**You have a foundation to build on—and plenty of opportunities to strengthen the everyday habits that support healthy aging.**

The goal isn't to change everything at once. Look for areas where small, realistic changes could fit naturally into your life. A little more movement, better sleep, stronger connections, continued learning or simply making more time for things you enjoy can be meaningful places to begin.

Try This: Choose one small change you feel confident you can repeat consistently this month. Once it begins to feel like part of your routine, consider adding another. Progress grows from the habits we can actually sustain.

 12–21 | A GREAT PLACE TO START**Your score is a starting point—not a judgment.**

Your answers have helped identify areas where you may have opportunities to invest a little more in your everyday well-being. And you don't need to overhaul your life to get started. Healthy aging can begin with simple choices that feel realistic for you.

Try This: Choose one thing this week that supports your well-being. Take a walk, drink more water, call a friend, spend some time outdoors, make an overdue preventive-care appointment, learn something new or rediscover something you enjoy. Start small, make it repeatable, and build from there.

 **TAKE IT AGAIN IN 30 DAYS** - Healthy aging happens one day at a time. Come back in 30 days, take the Healthy Aging Assessment™ again, and compare your new score with the score in this email.

 **KEEP EXPLORING:** Visit the [DHMEDS MIND COLLECTION](#) for healthy-aging resources, new assessments, featured articles, Dr. Brett's Corner™, Healthy Aging Humor™ and more.

 **Healthy Aging Monthly Newsletter™** subscribe to stay current on the latest topics in healthy-aging, Healthy Aging Hacks™, FAQs, Dr. Brett's Corner™, Monthly Specials, and more.

Keep learning. Keep growing. Keep living well™. | Dr. Brett S. Hirsch, D.O. | [DHmeds.com](#)