

HEALTHY AGING FAQs

YOUR QUESTIONS. ANSWERED.

Healthy aging is about supporting physical, mental, and social well-being throughout life.

Here are answers to the questions we hear most often.

HEALTHIER
HABITS
BRIGHTER
TOMORROWS



1 WHAT DOES HEALTHY AGING REALLY MEAN?

Healthy aging is about supporting the physical, mental, and social well-being that helps us stay active, independent, connected, and engaged with life.



2 IS IT EVER TOO LATE TO BUILD HEALTHIER HABITS?

No. Positive changes can be made at any age. Start with one realistic habit and build from there.



3 HOW IMPORTANT IS REGULAR MOVEMENT?

Regular activity can support strength, balance, mobility, cardiovascular health, and independence as we age.



4 DOES SLEEP REALLY MATTER AS WE GET OLDER?

Yes. Quality sleep supports recovery, mood, concentration, memory, and overall well-being.



5 HOW IMPORTANT IS SOCIAL CONNECTION?

Very. Relationships, friendships, community, and meaningful interaction can support emotional well-being and help us stay engaged with life.



6 DOES KEEPING YOUR BRAIN ACTIVE MATTER?

Staying curious and learning new things can help keep us mentally engaged. Reading, hobbies, travel, music, puzzles, and new skills are all great options.



7 WHAT ROLE DOES PURPOSE PLAY IN HEALTHY AGING?

Purpose gives us reasons to stay engaged with life. It can come from family, work, faith, volunteering, creativity, friendships, pets, or something we simply look forward to.



8 HOW DOES STRESS AFFECT HEALTHY AGING?

Chronic stress can affect overall well-being. Movement, time outdoors, relaxation, meaningful connection, hobbies, prayer or meditation, and laughter may help us manage everyday stress.



9 DO I HAVE TO CHANGE EVERYTHING AT ONCE?

Absolutely not. Healthy aging isn't about perfection. Small, sustainable choices practiced consistently can add up over time.



10 HOW CAN I SEE WHERE I'M DOING WELL?

Take the DHmeds Healthy Aging Assessment™ for an educational snapshot of your everyday habits and receive your Healthy Aging Score™.

EDUCATION TODAY
A HEALTHIER
TOMORROW



DISCOVER YOUR
HEALTHY AGING
SCORE™

Take the DHmeds Healthy
Aging Assessment™

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