



How Technology Can Help Seniors Stay On Top Of Their Health

In order to maintain your health as a senior, you must keep a good balance between being careful and being active. As such, you should make use of technology that can help you keep track of any changes to your health and assist you during the upcoming Medicare enrollment period. Here are ways that technology makes it easier for you to stay on top of your health.

Keep Track of Medicare Enrollment

The open enrollment period for Medicare is an [annual event](#) that you need to be aware of at all times. In this period, you may choose to enroll in a Medicare Advantage plan like one from Anthem, which offers dental, hearing, vision, prescription drug, and [preventative care benefits](#). Since this is the period within which you'll be able to confirm your status or change your Medicare coverage, you need to be able to keep track of the open periods and respond accordingly. Fortunately, according to AHIP, there is [new technology](#) that can allow you to access your Medicare plans and take control of your coverage. This means you can access information about your plan online and have instant conversations with customer service persons over the internet. The program also has a calculator that you can use to determine your out-of-pocket costs based on your current plan.

Keeping Track of Health Changes

As a senior, your health can change in an instant. While you'll sometimes be able to feel when changes have happened, it's also helpful to have technology that will quickly detect these changes and in some cases, contact the help you need. You should look into some of the most [helpful apps](#) that iYogi recommends for seniors and see which ones might be best for you. For example, MedCoach helps you schedule your medications, connects to your pharmacy and maintains a list of the medications you take, which you can communicate to your doctor when necessary. Apps such as Medisafe will synchronize with a kit to record and track important measurements such as your blood glucose level, temperature, pulse, and blood pressure. These measurements and other information will be then shared with your nurse or doctor on a scheduled basis.

Keeping Track of Exercise Benefits

Physical activity can help you improve your physical and mental wellbeing, and as such you should choose exercise programs that are right for you. According to Active Health, some great [exercise options](#) for seniors include

walking at a brisk pace, cycling on a stationary bike, tai chi and yoga. Whichever activity you choose, there are apps that can help you [track your heart rate](#), calories burned and the distance you've traveled. The Fitbit app, for instance, pairs with a wristwatch to keep track of your steps and shows your exercise trends. It will also send you reminders to keep you on track with your exercise and give little congratulatory messages when you've reached a goal. If you're thinking of starting an exercise program but you have a physical injury, you should consult with a physical therapist like [Holistic Physical Therapy](#) to make sure you're not hurting yourself.

Make Sure Your Phone Can Keep Up

With all these helpful apps, you'll need to make sure you have a phone and data plan that can keep up. If your phone is crashing or lagging when you try to access apps or go online, it could mean that you need an upgrade. You should do some research to see which phones and data plans would be the best fit for you. If it's time to renew your plan, then it's a great time to look at other providers who may offer cash for purchasing a new phone. The iPhone XS Max could be a good option for you because it's a [durable phone](#) with a fast chip and wireless charging. If you're not interested in an iPhone, then the new Google Pixel 3a also has enhanced features including a [high-end camera](#) and easy-to-use interface.

There's no question that staying on top of your health is the most important thing you can do for yourself. While technology can take some getting used to, it's definitely worth it to get to know all the best online tools and mobile apps that can help you live a healthy life.

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