

# Keep Moving!

Plan for Your Active, Healthy, and Meaningful Retirement



As you get older, your body changes. Health conditions you may have already, or may be at risk for, could affect you differently now. You can thrive and stay active in your retirement years by planning ahead. Taking steps to improve your health now can make a difference later in life.

Thinking about your values and how you want to age is the first step to planning for your active, healthy, and meaningful retirement. Here's what to do next:

1. Pick a Primary Care Provider (PCP) (if you don't have one already)
2. Schedule Your Cancer Screenings
3. Understand Your Risk for Age-Related Health Conditions
4. Plan to Quit Tobacco or Cut Back (if you smoke)
5. Keep Moving
6. Try New Healthy Foods
7. Find Ways to Reduce Stress
8. Know that MSK Direct is here for you

## 1. Pick a Primary Care Provider

### Who is a PCP?

A PCP is a healthcare provider who sees you for common health problems and regular yearly check-ups. Your PCP may be a doctor, nurse practitioner, or physician assistant. There are PCPs who take care of older adults, called a geriatrician (jerr-EE-uh-TRISH-un). They have special training and can help you care for multiple, common health conditions that can develop as you age.

### How Can Your PCP Help You?

- They will give you regular check-ups.
- They will run health tests, such as a blood pressure screening.
- They can help you make a plan to prevent health problems.
- They can help you schedule routine screenings for cancer.
- Your PCP will treat you if you get sick.

### Choosing a PCP:

1. Find a PCP that is accepted by/covered by your health plan/insurance
2. Decide what you value most in a PCP
3. Make your appointment
4. Prepare for your visit



## 2. Schedule Your Cancer Screenings



### Finding Cancer Early Can Save Your Life.

Cancer screening is checking for cancer when you don't have symptoms. Screenings can help find cancer early when it's easier to treat. Treating cancer early often means there's a better chance of curing it.

Your healthcare provider can help you know when it is time to get screened and which tests you need. MSK Direct services include cancer screening tests. Schedule your appointment by calling your MSK Direct dedicated phone number.

MSK doctors recommend getting screened for the most common cancers, such as breast, cervical, colorectal, lung, prostate, and skin.

Our recommendations for screening depend on:

- Your age.
- The organs (body parts) you have.
- Your sex assigned at birth.
- Your risk for cancer.

These are our recommended cancer screening tests for people with an average risk of disease. You may be at higher risk depending on your family history and other factors. Talk with your healthcare provider about your unique risk factors.

Point your smartphone camera at this QR and [tap the link](#) to learn more about risk factors for cancer.



CANCER	SCREENING TEST	AGES
Skin	Skin <b>self-exam</b>	Depends on risk
Colorectal	<b>Colonoscopy</b>	45+
Lung	Low-dose <b>CT scan</b>	Depends on risk
Cervical	<b>Pap test</b> every 3 years You may also need an <b>HPV test</b> every 5 years	21 to 65
Breast	Start to become familiar with how your breasts <b>look and feel</b>	20+
	<b>Breast exam</b> by your healthcare provider	25+
	<b>Mammogram</b> or tomosynthesis (3D mammogram)	starting at 40
Prostate	First (baseline) <b>PSA test</b> Repeat PSA test as required	starting at 45 50 to 70

## MSK Direct is Here for You

Your employer partners with Memorial Sloan Kettering Cancer Center (MSK) — one of the top cancer hospitals in the nation, with more than 135 years devoted to exceptional patient care and cutting-edge medicine — to offer you an employee benefit called MSK Direct.

Even after you retire, you and your family have access to expert cancer guidance with MSK Direct, no matter where you're located. MSK Direct is your pathway to the highest-quality cancer solutions and services for screening and prevention, diagnosis, treatment, and life after cancer for both adults and pediatric patients. Whether you have cancer, are concerned about your risk of cancer, or are a caregiver, MSK Direct is here for you.

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options. Call the MSK Direct dedicated phone number: **833-786-3368** or visit [mskcc.org/NYCDCC](https://mskcc.org/NYCDCC) to learn more.



### 3. Understand Your Risk for Age-Related Health Conditions

There are some health conditions and illnesses that happen more often in older people. This means your age is a risk factor. You can take steps to improve your health now and reduce your risk.

Talk with your PCP and healthcare providers about screening tests. These tests may find a health condition early when it is easier to treat. Your healthcare team can also support you in finding ways to treat these age-related health conditions that make sense for your lifestyle.



### 4. Plan to Quit Tobacco or Cut Back (if you smoke)

Quitting smoking is hard, yet millions of people have done it. You can too! Finding your reason to quit is the first step.

It's never too late to quit, and you might need to try many times. If you're not ready to quit completely, cutting down is a good way to start.

#### Get Yourself Ready to Quit with the START Approach.

- **Set** a quit date.
- **Tell** family, friends, and co-workers you plan to quit.
- **Anticipate** and plan for challenges you may face.
- **Remove** cigarettes and tobacco products from where you live, work, and play.
- **Talk** with your healthcare provider about quitting.

For additional resources to help you quit smoking, visit our complete guide by [scanning the QR code](#).



### 5. Keep Moving

Being active in your retirement years is good for your physical and mental health. You don't need a formal exercise routine to be active. Whether you feel like exercising or not, things that get you moving count!

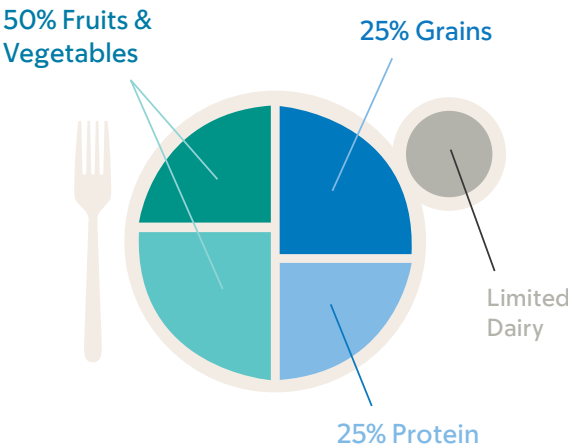
#### Here are ideas to help you get started:

- Start with 10 minutes of activity at a time and work your way up to 30 minutes at a time.
- Do some gardening or outdoor chores. This movement counts towards your daily goal!
- Get off the subway 1 or 2 stops before you normally would and walk the rest of the way.
- Lift weights or use a resistance band while watching tv.

MSK fitness instructors (a person trained to teach exercise) have made exercise videos you can do wherever you are. Point your smartphone camera at this QR code and [tap the link](#) to learn more.



### 6. Try New Healthy Foods



#### Make vegetables and fruits 1/2 of your plate

- Eat vegetables and fruits that are many different colors, like dark leafy greens, red peppers, and orange squash.

#### Make 1/4 of your plate whole grains

- Some good whole grains are whole wheat, barley, quinoa, oats, and brown rice.
- These foods have a lower effect on blood sugar and insulin than white bread, white rice, and other refined grains.
- They can also help you digest your food, keep your heart healthy, and keep your weight under control.



#### Make 1/4 of your plate protein

- Fish, poultry (such as chicken and turkey), beans, and nuts are healthy protein sources.
- Limit how much red meat (such as beef) you eat to 1 or 2 servings a week, and do not eat processed meats, like bacon and sausage.

We have healthy meal ideas for you and your whole family.

To watch our Cooking with Karla video series, [scan the QR code](#).

Find a recipe from the MSK Nutrition library at [www.mskcc.org/recipes](http://www.mskcc.org/recipes)



### 7. Find Ways to Reduce Stress

Planning for and starting your retirement is an exciting change in your life. It can also bring up feelings of worry and stress. Remember, there is no right or wrong way to cope, and everyone deals with stress differently. Here are some things you can do to take care of yourself and manage your stress during this time.



**Stay connected to your family and friends.** You may find it helpful to plan daily calls with your loved ones that you can look forward to.



**Keep a routine.** Your daily routine may have changed, try to create a new one you can follow during this time.



**Take care of your body.** Try to eat healthy meals, drink at least 6 to 8 glasses of water a day, do some light physical activity, and get at least 7 hours of sleep.



**Start a new hobby.** If you're spending a lot of time at home, you can try a new hobby or do things you like to do that you didn't always have time for.



#### Try relaxation techniques.

- Listen to free guided meditations to help you relax by visiting [www.mskcc.org/meditation](http://www.mskcc.org/meditation). You can also try acupuncture (putting pressure on parts of your body to help you relax).
- To learn how to do acupuncture on yourself, read our resource Acupuncture for Stress and Anxiety.

