



# Health Plans

## Did You Know?

Americans are staying active and living longer than ever before.

Health First Aging Services is focused on wellness in aging, managing the challenges and impairments some older adults experience.

## Who We Are

Care at Aging Services is led by our geriatrician, who is trained specifically to promote health, and to prevent and treat diseases and disabilities in older adults. Working with in-network benefits, our medical team is patient-centered and works in close collaboration with other physicians to improve your health and daily function.

## Top 5 Ways Aging Services Help Older Adults

1. Evaluating memory changes: Is it normal aging or something else?
2. Complete evaluation and review of medications
3. Coordination of care for busy caregivers
4. Connection to local community resources
5. Preventing falls and ensuring safety in the home

# Aging Well. Living Well.



## Services available in our network

Virtual Connections for Medical Care, Support and Education Available

### Center for Family Caregivers

- Support Groups
- Education
- Health and Wellness Activities
- On-site Library
- Workshops
- Social Events
- Monthly Newsletter and Activities Calendar

### Memory Disorder Clinic

- Memory Screens
- Comprehensive Diagnostic Evaluations
- Education
- Health and Wellness Programs
- Support Groups
- Newsletters
- Online Resources



# Aging Services

3661 S. Babcock St., Melbourne | 321.434.7611

MEDICARE, HEALTH FIRST HEALTH PLANS AND MOST INSURANCES ACCEPTED

Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal. Y0089\_MPINFO4815 (08/15)