



# HEALTHY AGING AWARENESS MONTH




## WHY IS **HEALTHY AGING** IMPORTANT?


Healthy aging is essential to protecting your future and quality of life. As we grow older, access to health care becomes increasingly important. By protecting access to health care services


like, Medi-Cal and Medicaid for our aging population in California, the Health Consumer Alliance helps to ensure a better quality of life for some of our state's most in-need residents.


**Fast Fact**  
**15.8%**  
of  
**Californians**  
are aged 65+

**Just  
2 days  
a week**




As we age, our health care needs change becoming more complex 

Most older adults have at least 1 chronic condition. 


Many older adults face barriers to getting the care they need 

Cost plays a significant factor 

of a variety of activities like:

- carrying light groceries 
- light house chores 
- walking in place 

all are **great ways to strengthen muscles** and **stay active as we age.**

In 2020, **adults aged 65** years and older **spent** an average of nearly **\$7,000 in out-of-pocket** medical costs. 

**If you are an aging adult facing ANY barriers** to accessing health care, **call the Health Consumer Alliance today!**

**Helping Californians get the health care they need.**

**Call 888-804-3536 or TTY 877-735-2929**