



Insured persons 70+

Safety in everyday life

The concept in a nutshell

Today, we live and feel fit longer. Maintaining health and self-determination and treating illnesses in a timely, targeted and good manner – this is where we want to support you.

In a health survey conducted by the Swiss Health Observatory (Obsan) in 2012, almost 70% of senior citizens said they felt healthy – and this, even though they were affected by one or more diseases.

Everyone ages in different ways. Some physical changes or discomforts are normal and typical of a certain age, such as diminishing eyesight, chronic illnesses such as high blood pressure, or walking impediment. Such health limitations can be disturbing and influence everyday life.

There are various ways to preserve your independence and self-determination in old age as long as possible. We provide services to help you maintain your mobility and meet your everyday needs despite health limitations.

What can we offer you?

We offer CONCORDIA insured persons who are 70 years or older personal advice and further information on common and important topics in old age.

Use the information and advisory services of CONCORDIA:

Avoiding falls

- We advise you personally on questions concerning fall prevention.
- By regularly having your vision tested, having your medication prescriptions checked by your doctor or at the pharmacy to ensure that they do not cause side effects and by following the targeted exercise program specially designed by CONCORDIA, you contribute actively to reducing your risk of falling.
- If required, we will also arrange an apartment check-up by a physiotherapist of the Rheumaliga Schweiz (Rheumatism League Switzerland). This physiotherapist checks your risk of falling and makes suggestions for the removal of tripping hazards. CONCORDIA assumes the costs of this clarification.

Living with chronic illnesses

- Are you permanently dependent on treatments, therapies or medication? concordiaCoach offers personal advice and assistance with treatment issues.
- The Swiss Federal Office of Public Health (BAG/OFSP/UFSP/FOHP) recommends vaccination against seasonal flu between mid-October and mid-November for chronically ill persons.
- Ask for generic products when purchasing prescribed medication. The purchase via a mail order pharmacy gives you additional discounts.

Maintaining independence in everyday life

- For financial, legal and social issues in old age, there are a large number of contact points that offer personal counselling.

Here is how you can find out more



Rheumaliga Schweiz
Ligue suisse contre le rhumatisme
Lega svizzera contro il reumatismo

In cooperation with the Rheumaliga Schweiz,
we can offer you a personal fall advice.
You can reach us from Monday to Friday between
8.00–12.00 and 13.30–17.00. **+41 41 228 09 94**

concordiaCoach

Find out with our evaluation questionnaire whether personal coaching
offers you suitable means of support for your situation.

www.concordia.ch

CONCORDIA

Tips for saving when **obtaining medication**.

Online **generic and medication search**.

Flu vaccination.

zur Rose

Mail order pharmacy **Zur Rose**: ordering medication online and saving.

xtrapharm
Die Versandapotheke mit xtra-Leistungen

Mail order pharmacy **xtrapharm**: ordering medication online and saving.



Do you have any questions? Write to us. You can reach us at

healthcompass@concordia.ch

My notes

CONCORDIA

Bound by trust

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