70 YEARS Vivalon

Vivalon

Technology for Better Living

Tech for Fall Prevention

Stay Comfortable, Confident & Connected

Technology can help you stay safe, independent and connected. Learn simple ways your phone, watch and health apps can support your well-being.



Worried about falling?

Join our upcoming class!

No technical experience needed.
Just bring your curiosity!

Getting Comfortable with Health Apps

Learn how to use the Health apps on your phone or tablet to support safety, wellness and independence.

Thursday, October 15

10:00 AM – 12:00 PM

Vivalon Technology for Better Living Program



Better tools. Greater confidence. A safer tomorrow.

Health Apps Can Support Fall Prevention

Many phones already include free health apps such as Apple Health or Google Fit. These apps can help you monitor:

Mobility & Balance
- Daily movement
- Walking activity
- Exercise habits

Heart & Blood Pressure
- Blood pressure tracking
- Heart-related information
- Health trends over time

Medications
- Medication reminders
- Keeping track of prescriptions

Sleep & Well-Being
- Sleep patterns
- Mindfulness and stress management

Hearing & Vision
- Hearing checks
- Vision-related tools and reminders

Healthy Habits
- Hydration
- Exercise
- Weight tracking
- Oxygen and temperature monitoring devices



Your health. Your data. Your peace of mind.

A QUICK SAFETY CHECKLIST

- ☐ Emergency SOS enabled
- ☐ Medical ID completed
- ☐ Emergency contacts updated
- ☐ Phone charged regularly
- ☐ Health app opened and explored
- ☐ Smart watch or wearable set up correctly
- ☐ Family member knows your emergency plan

TECHNOLOGY SHOULD HELP YOU FEEL...

COMFORTABLE
You don't need to know everything. Learn one step at a time.

CONFIDENT
Practice using your device before you need it.

CONNECTED
Stay in touch with family, friends, caregivers and healthcare providers.

IMPORTANT
The products and services discussed are everyday consumer tools that may support safety and independence. They are not medical advice. If you have health concerns or questions, consult your healthcare provider.

For information about upcoming Vivalon Technology Classes, visit Vivalon.org

70 YEARS Vivalon

Vivalon