Living Longer, Living Smarter
Health Resources

Please note: One or more of the programs and resources listed below may not be affiliated with AARP. Any information you provide to the host organization of these programs will be governed by its privacy policy.

Living Longer, Living Smarter
Visit this website to fully explore the Living Longer, Living Smarter program. Get the tools and resources for all four topic areas that are part of this program: finances, health, home and community, and legal considerations.
www.aarp.org/livinglonger

AARP Learn@50+
Visit this website to learn about in-person events, webinars and interactive videos on important issues, such as family caregiving, work and jobs, and technology literacy.
www.aarp.org/learnat50plus

AARP Caregiving Resource Center
Visit the Caregiving Resource Center for information, tools and resources for caring for a loved one.
www.aarp.org/caregiving or 1-877-333-5885
www.aarp.org/cuidar or 1-888-971-2013 (en español)

AARP Health
Visit AARP's health web page for information on a variety of health-related topics.
www.aarp.org/health

AARP Personal Medication Record
AARP's Personal Medication Record form, available in both English and Spanish, allows you to list all the medicines you take, including over-the-counter drugs and herbal supplements.
www.aarp.org/medicationrecord

ChooseMyPlate.gov (U.S. Department of Agriculture)
The U.S. Department of Agriculture's MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.
www.choosemyplate.gov/MyPlate

Healthfinder.gov (U.S. Department of Health and Human Services)
Get information on a range of topics – from health conditions and diseases to everyday healthy living – to help you and your loved ones stay healthy.
www.healthfinder.gov

My Family Health Portrait (U.S. Surgeon General)
Knowing your family history can help your doctor better care for you. Complete the online tool and learn about your risk for conditions that run in your family. By sharing that history with your doctor, he or she can make recommendations to reduce your risk.
www.familyhistory.hhs.gov

AARP's Staying Sharp
Staying Sharp is a subscription service that offers science-based activities, challenges, recipes and articles across the five pillars of brain health.
www.aarp.org/stayingsharp

AARP 2016 Survey Results on Healthy Behaviors and Well-Being
This research describes the link between healthy behaviors and mental well-being. The study also focuses on what motivates people to take on brain-healthy behaviors.
http://bit.ly/29vMFet

U.S. Preventive Services Task Force
The Task Force develops research-based recommendations to help doctors and patients decide together whether a preventive service is right for a person's needs.
http://bit.ly/2ec3azN

Womenshealth.gov (U.S. Department of Health and Human Services)
A comprehensive website with reliable and accurate information on women's health.
www.womenshealth.gov or 1-800-994-9662 (en español)