

subject line: Tips for living—and aging—well

preheader: Tools to help you prepare for what's next in your life.

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How to embrace growing older

PREPARE FOR YOUR FUTURE

Aging is part of life. Thinking and talking about it now can prepare you for what's ahead. From decisions about care to insurance and other aspects of life, we can help you through it all.

Get answers to many of your questions, including:



[What do I need help with?](#) Learn how you can adapt to changes while remaining independent.



[How can I prepare financially?](#) Explore ways to manage your money, from managing health care costs to adding a trusted contact.



[Who is my support system?](#) Think about those (family, friends, or a professional) who can help along the way, such as a health care advocate.

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