

# 5 TIPS FOR OLDER AMERICANS



Amid the global pandemic, older Americans are at particular risk. Broadband providers are here to help: making it possible to stay connected, healthy, and engaged with family, friends and community.

**#stayingconnected**

- 1 Stay Social**
  - Use technology to **stay connected** with grandchildren.
  - Meet up with loved ones for a **virtual game night**.
  - Websites like **Nextdoor** can connect you with neighbors offering to help.
- 2 Stay Close (Virtually) to Your Doctor**
  - With **telemedicine**, a medical professional is always a click away. These **tech tips** can help you prepare for a successful virtual visit.
  - Go online to have prescriptions delivered and get **reminders** to take them.
  - From new **connectivity tools for doctors, first responders** and even **hospital ships**, broadband providers are stepping up.
- 3 Stay Learning**
  - From Backyard Meteorology to The Science of Well-Being, sign-up for free **online courses**.
  - Create a comfortable space in your home and **maximize connectivity**.
- 4 Stay Healthy**
  - Online grocery **delivery services** can bring healthy food options to your home.
  - Get active indoors with online **exercise classes**.
- 5 Stay Vigilant**
  - Online scammers are working hard to exploit the pandemic. Protect yourself with **these tips**.

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