

Healthy Seniors Retirement is just the beginning



Healthy aging means taking good care of your body, mind and emotions. Finances fit in there somewhere too. You have years of experience and hopefully are looking forward to the next stage in your life – and to make it whatever you dream it to be.

Staying active, participating in your community, socializing with people of all ages, eating and sleeping well – now you will have the time to live your life as you want. How well you live depends on how well you've planned your retirement and what you want to make of it.

Do you want to continue to work, maybe starting your own business? Are you thinking of living abroad in some exotic country with a low cost of living? Will you be spending more time with the grandkids? Do you plan to take up skydiving or write a book?

Whatever you choose to do, liveandworkwell.com has a wealth of information, tools and resources to help you. See these *liveandworkwell Be Well* centers to learn more:

- **Aging Well**
- **Grandparenting**
- **Volunteering & Community Service**
- **Hobbies & Relaxation**
- **Exercise & Fitness**
- **Sleep**
- **Coping with Change**



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Using the Retirement Content Center

Retirement is the beginning of a new life phase. It may be a time of fulfillment and enjoyment. The years have brought wisdom. Now you know yourself well and have a pretty good idea of how you want to live without the additional responsibilities of a big household, children, and daily trips to the office.

Our Retirement Content Centers provides you with a diverse number of resources so you can be up to speed on the latest Medicaid and Medicare regulations, how to better fund your IRA, when and why to fill out a durable power of attorney, how to lead a healthy life well into your golden years, and much more.

The screenshot shows the 'Retirement Planning' section of the liveandworkwell.com website. It features a main heading 'Retirement Planning' with a sub-heading 'Plan for your future'. Below this, there are several sections: 'Life-Change Support' with a question mark icon, 'Top Articles' listing various retirement topics, 'Resources' with links to contact for services, 'Self-Help Programs' including a retirement planner, 'Financial Calculators' with a calculator icon, 'Latest News' with a 'New!' badge, 'Forums' for career management, and 'Guides' for retirement planning. A 'Quick Links' sidebar on the right includes 'Claims & Coverage', 'Search for Clinicians', 'Contact Us for Services', 'Tools & Programs', 'Resources', and 'Sign-up for Consultant Form'. At the bottom, there is a 'Contact Us' section with the phone number 1-800-000-0000 and the text 'TTY: Dial 711 and then the support number above'. The OPTUM logo is visible at the bottom right.

The screenshot shows the 'Grandparenting' section of the liveandworkwell.com website. It features a main heading 'Grandparenting' with a sub-heading 'Being a grandparent is a great joy, but the generation gap is sometimes hard to bridge'. Below this, there are several sections: 'Top Articles' listing grandparenting topics, 'Resources' with links to various grandparenting resources, 'Related Topics' including blended families, 'Latest News' with a 'New!' badge, 'Forums' for children and parenting, 'Webinars' on US history, and 'Guides' for children's guide. A 'Contact Us' section at the bottom right includes the phone number 1-800-000-0000 and the text 'TTY: Dial 711 and then the support number above'. The OPTUM logo is visible at the bottom right.

How to access liveandworkwell.com's Senior Centers:

- Register or login at www.liveandworkwell.com or
- Use your Access Code to enter anonymously

After entry, your Member Welcome page displays, mouse over the **Live Well** or **Be Well** tabs and click on the Centers you want to explore.

The screenshot shows the 'Sunrise of Golden Valley' Senior Center page on liveandworkwell.com. It features a main heading 'Sunrise of Golden Valley' with a sub-heading 'a member of Sunrise Senior Living'. Below this, there is a 'Services Offered: Assisted Living' section. A map shows the location of the center in Golden Valley, MN. To the right of the map, there is a 'View Location Detail Print' button and a 'SNAP ID: 121432'. Below the map, there is a photo of the center's exterior and a 'View Photo Gallery' button. At the bottom, there is a 'Sign up to see what your friends like' button and social media icons for Facebook, Twitter, and Email.