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# Make a Gameplan for your health

**Consider using our research-based tips to be proactive about your current and future health:**

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## Blood Pressure Screening

Former players should regularly have their blood pressure measured. This can be done at your doctor's office or by using at-home blood pressure cuffs.



## Sleep

All former players should regularly get screened for sleep apnea, which can impact memory and concentration, as well as metabolic health.



## Cardiovascular disease

Former players should request regular cardiovascular health screening, such as an EKG or a stress test.



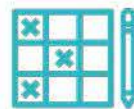
## Exercise

Ask your physician to recommend specific exercises known to provide cardiovascular benefit while protecting your joints. Low-impact exercises can include swimming, yoga, cycling, and others.



## Cognitive health

Talk to your doctor to request regular cognitive health assessments such as the Mini-Cog, or the Mini-Mental State Exam (MMSE).



## Cognitive Exercise

Try a different walking route around your neighborhood or pick up a new hobby like Sudoku to keep your brain sharp. Cognitive exercises can help improve concentration and memory and reduce stress.



## Social Networks

Maintaining a healthy social life has been shown to improve cognitive function, physical health, and even extend the lifespan. Stay connected with long-distance family and friends through Zoom or FaceTime.



## Connect with a doctor

If you do not have a PCP, try reaching out to friends and family for recommendations, or a local community health center. Your health insurance company will also have a list of in-network physicians.

