Optum Virtual Community Center

Free videos to help older adults stay healthy, active and resilient during COVID-19 and to support many who may be the last to emerge from quarantine.

Lack of exercise and other physical activity may increase the risk of diabetes, heart disease, depression and stroke — all of which can harm the brain.[1]

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4 in 5 of the most costly chronic conditions among adults 50 years or older **can be prevented** or managed with physical activity.[2]

In the past six years, obesity increased **13% among adults ages 65+.**[3]



Combining physical and cognitive activity could improve cognitive functioning in older adults.[4]

OptumCare operates community centers that provide health and wellness programs for older adults. With COVID-19, those community centers have become online programs. And now, Optum has made them **free to everyone.**

This is especially important because adults 65 years and older are at higher risk for severe illness from COVID-19.[5]

> **Online programs can help people stay physically and mentally active during the COVID-19 pandemic, and we have developed one specifically to help older adults.**
>
> **– Ben Brock**
> Associate Director of Community Programs
> OptumCare

Visit the Optum Virtual Community Center at optum.co/virtualcommunitycenter.

1. americashealthrankings.org/explore/senior
2. cdc.gov/physicalactivity/inactivity-among-adults-50plus/index.html
3. nia.nih.gov/health/cognitive-health-and-older-adults
4. ncbi.nlm.nih.gov/pmc/articles/PMC6032764/
5. cdc.gov/aging/covid19-guidance.html

11000 Optum Circle, Eden Prairie, MN 55344

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