

# Are you at risk for a fall?

One in three seniors fall each year and most of these falls occur in the home. When you're living alone, a fall can leave you cut off from the help you need. But with Lifeline, you're never alone – help is available at the push of a button, 24 hours a day.

## Expert, caring help at your fingertips

Lifeline is an easy to use medical alarm service that lets you feel confident and secure while living independently. Pushing the Lifeline Personal Help Button you wear on a wristband or pendant connects you to a trained Lifeline Personal Response Associate who can assess your situation and dispatch help quickly, day or night.



Our **Lifeline with AutoAlert\*** service offers an added layer of protection; it is the FIRST pendant-style Help Button that automatically places a call for help if a fall is detected and you are unable to press your button.

And now **GoSafe** – our most advanced medical alert service – can provide access to help both at home and on the go.

## Feel secure with Canada's most trusted medical alarm service

Lifeline is trusted by more doctors, hospitals and healthcare professionals and is the only medical alarm service integrated with the healthcare system across Canada.

Peace of mind can be yours today.

Take our ***Are you at risk for a fall survey*** on the back of this flyer to see if you could benefit from the Philips Lifeline service. *You will also find a coupon for a free month if you call today...*

## How Philips Lifeline works



### 1. Summon help

With a simple push of your Lifeline help button you're always connected to our 24/7 Response Centre. With our advanced services, you have the option to include fall detection or locating technology in the event you can't push your button.



### 2. Hear a reassuring voice

A caring Lifeline Response Associate will quickly access your personal profile and assess the situation.



### 3. Know help is on the way

Our Associate contacts a neighbour, loved one, or emergency services – based on your preferences – and will follow up to make sure help has arrived.

\*AutoAlert option is locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, you should always press your button when you need help.

# Are You at Risk for a Fall: A Patient Self- Assessment

Falls are the leading cause of injury among Canadian seniors and they can have a devastating impact on your overall health and independence. With a Lifeline medical alarm you will be protected from an unexpected fall.

Answer the following questions to see if you are at risk:

QUESTIONS:	YES	NO
Do you have a history of falling?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience dizziness and/or have trouble keeping your balance?	<input type="checkbox"/>	<input type="checkbox"/>
Is walking difficult due to muscle weakness, stiff joints, or foot problems?	<input type="checkbox"/>	<input type="checkbox"/>
Are you on more than three medications?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have problems with your vision?	<input type="checkbox"/>	<input type="checkbox"/>
Do you make frequent or hurried trips to the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>
Have you put off dealing with household hazards, such as poor lighting, slippery floors, throw rugs, lack of grab-bars, etc?	<input type="checkbox"/>	<input type="checkbox"/>
Is fear of falling making you less physically active and reducing your social activity?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing problems with concentration, depression, or isolation?	<input type="checkbox"/>	<input type="checkbox"/>
Do you consume alcohol more than occasionally?	<input type="checkbox"/>	<input type="checkbox"/>
If you were to fall, would you be alone and possibly unable to summon help?	<input type="checkbox"/>	<input type="checkbox"/>

***Your risk for falling increases significantly every time you answer "yes" to any of the above questions.***

Don't wait for a fall to wish you had Lifeline  
Call today and receive  
**ONE FREE MONTH OF SERVICE**

**1-800-LIFELINE**  
**1-800-543-3546**



[www.lifeline.ca](http://www.lifeline.ca)

Quote this code:

**X**

**X202**

Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. Discounts are not applicable for out of area installations. Discounts not available on GoSafe.

**PHILIPS**  
**Lifeline**