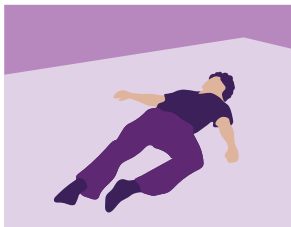


Lifeline

How to get up from a fall

1. PREPARE



Do NOT get up quickly.
If hurt, call for help using
Lifeline or a telephone.



Find something sturdy
such as a piece of furniture.



Roll onto your side,
turning your head,
shoulders, hips, then leg.

2. RISE



Push your upper body up.
Lift your head, pause, and
steady yourself.



Rise slowly onto your hands
and knees. Crawl to something
sturdy you can hold on to.



Slide one foot forward so
it is flat on the floor.

3. SIT



Keep the other leg bent
with your knee on the floor.



Rise slowly and turn your
body to sit in the chair.



Sit for a few minutes before
trying to do anything else.

Talk to your healthcare provider about having a fall-risk evaluation.
The fact that you have fallen once means you have a high risk of falling again.

Source: Baker, Dorothy, Ph.D., RNCS, Research Scientist, Yale University School of Medicine New Haven, Connecticut; Connecticut Collaboration for Fall Prevention.

It's *never* too early to protect yourself or a loved one

An unexpected fall or medical emergency can leave you cut off from the help you need. Any delay in receiving medical care can jeopardize your recovery. But with Lifeline, help is available at the push of a button, 24 hours a day.

Expert, caring help 24 hours a day

With the Lifeline medical alert service you get fast, easy access to a trained Response Associate to request the help you want – 24 hours a day, 365 days a year.

Our **Lifeline with AutoAlert*** service can automatically place a call for help if a fall is detected and you are unable to press your button.*

GoSafe can provide access to help both at home and on the go.**

Why choose Lifeline?

- Lifeline is the #1 medical alert service in Canada.¹
- All help calls answered in Canada.
- Professional home installation.
- Proven AutoAlert fall detection technology available.
- Cellular communicator available for those without a landline telephone.

1. Claim based on the number of subscribers.

* AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.

** Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary. Lifeline may not always be able to determine your location.



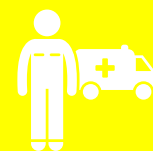
Summon help

With a push of your Lifeline help button you can get help when you need it. With our advanced services, you have the option to include fall detection or locating technology in case you can't push your button.



Hear a reassuring voice

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



Know help is on the way

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

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

www.lifeline.ca