

# Is it time for a medical alert service?

Use this self-assessment as a guide to determine if a medical alert service is right for you.

A medical alert service can help independent older adults and individuals with chronic medical conditions feel more confident to continue living independently in the one place they feel most comfortable – their own home.

To find out if it's the right time to consider a medical alert service for yourself or someone you care for, answer the following 9 simple questions. For each question, check the box to the right if your answer is "Yes."

Questions	Yes
1. Are you alone for several hours during the day and/or night?	<input type="checkbox"/>
2. In the past year, have you fallen or been afraid of falling in your home?	<input type="checkbox"/>
3. Have you been hospitalized or been to the emergency room in the past year?	<input type="checkbox"/>
4. Do you have at least one of these chronic ailments (heart disease, stroke, COPD, osteoporosis, diabetes, arthritis)?	<input type="checkbox"/>
5. Do you use a cane, walker, wheelchair, stair climber or other assistive device to help with balance or walking?	<input type="checkbox"/>
6. Are you required to take several daily medications?	<input type="checkbox"/>
7. Do you require assistance with at least one of the following activities (bathing, toileting, dressing, meal preparation, etc.)?	<input type="checkbox"/>
8. Would a medical alert service provide peace of mind for your loved ones?	<input type="checkbox"/>
9. Is it important for you to continue living independently?	<input type="checkbox"/>

See chart at right to review the assessment for your score.

This self-assessment is not a diagnostic test or medical advice.

Total checks

Call the number below to learn how the Lifeline Service can help, and if you would benefit from Lifeline's new medical alert service option – Lifeline with AutoAlert\* – a service that can call for help if a fall is detected, even if you are unable to push your Help Button.

1MKTX W54 CODE  
A B C

\*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.

## 6 – 9 Yes Answers

This high score indicates there is a serious risk for a fall or other medical incident, suggesting that a medical alert service may be strongly advised.

## 3 – 5 Yes Answers

This score indicates there is a risk for a fall or other incident, suggesting that a medical alert service would be helpful and should be considered.

## 1 – 2 Yes Answers

Share the results of this self-assessment with your healthcare provider and together develop a plan that addresses the following three important questions:

1. How can I minimize my falls risk?
2. What is the safest way for me to get up from a fall?
3. What is the best thing for me to do if I can't get up and call for help myself after a fall?

**PHILIPS**  
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# How the Lifeline Service works

1



## Summon help

Simply push your Lifeline Help Button at any time to connect to our 24/7 Response Center. **Note:** If you have our Lifeline with AutoAlert option, you will get an added layer of protection, as your AutoAlert Help Button will automatically place a call for help if a fall is detected and you are unable to push your button.

2



## Hear a reassuring voice

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

3



## Know help is on the way

Our Associate will contact a neighbor, loved one, or emergency services based on your specific needs, and will follow up to confirm that help has arrived.

