



# HealthyLifetime Program - Individual Participant

TECHNOLOGY NUMBER: 2020-296



# HealthyLifetime™

## OVERVIEW

[HealthyLifetime](#) is an interactive, 8-week, Independent Aging program designed to help you navigate the journey of independent aging with confidence. Our Independent Aging Professionals, who are highly trained, monitored, and evaluated by nurse experts in independent aging, will help you understand your unique life and circumstances and then guide you through personalized strategies to empower you to live life on your own terms, enhance your quality of life, and maintain your long-term independence.

## NEXT STEPS

After you enroll in the program, you will be emailed a welcome message with all the details you need to get started. This will include an introduction to your independent aging professional and other helpful information to ensure a smooth experience. Click the Order Now button to get started. If you need assistance, please use this [step-by-step](#) guide to help you through the registration process.

## References

1. Potempa, K., Butterworth, S., Flaherty-Robb, M., Calarco, M., Marriott, D., Ghosh, B., Gabarda, A., Windsor, J., Potempa, S., Laughlin, C., Harden, K., Schmidt, P., Ellis, A., & Furspan, P.(2022) , <https://www.mdpi.com/1660-4601/20/1/416>, International Journal of Environmental Research and Public Health, 20 (1), 416
2. Potempa, K., Calarco, M., Flaherty-Robb, M., Butterworth, S., Isaman, D., Potempa, S., Laughlin, C., Schmidt, P., Struble, L., Harden, K., Ghosh, C., Furspan, P., Ellis, A.(2022) , <https://bmcpimcare.biomedcentral.com/articles/10.1186/s12875-023-02162-x>, BMC Primary Care

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## Category

Content

Life Sciences

## Further information

Drew Bennett

[andbenne@umich.edu](mailto:andbenne@umich.edu)

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