

# 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.<sup>1</sup>

**4/5** +++++

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



In the past six years, obesity increased **13% among adults ages 65+.**<sup>3</sup>



**Combining physical and cognitive activity** could improve cognitive functioning in older adults.<sup>4</sup>

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.<sup>5</sup>

**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  
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Visit the Optum Virtual Community Center at [optum.co/virtualcommunitycenter](https://optum.co/virtualcommunitycenter).

1. [americashealthrankings.org/explore/senior](https://americashealthrankings.org/explore/senior)

2. [cdc.gov/physicalactivity/inactivity-among-adults-50plus/index.html](https://cdc.gov/physicalactivity/inactivity-among-adults-50plus/index.html)

3. [nia.nih.gov/health/cognitive-health-and-older-adults](https://nia.nih.gov/health/cognitive-health-and-older-adults)

4. [ncbi.nlm.nih.gov/pmc/articles/PMC6032764/](https://ncbi.nlm.nih.gov/pmc/articles/PMC6032764/)

5. [cdc.gov/aging/covid19-guidance.html](https://cdc.gov/aging/covid19-guidance.html)