

Golden Life



THE SECRET TO
**YOUR BEST
RETIREMENT**

EXCLUSIVELY FOR YOU
Our best kept
secrets for the
best chapter of
your life!

17
Tips to
avoid falls

TAKE OUR QUIZ
Calculate your
score in just a
few minutes

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What we're going to reveal

- ✓ The number that's more important than your blood pressure and your heart rate
- ✓ What's the key to the best retirement?
- ✓ What your doctors forgot to tell you
- ✓ The doctor with the apple wasn't right
- ✓ Balance is more than just your two feet
- ✓ The hidden traps no one told you about
- ✓ Ahead of the game
- ✓ This surprising destination is seniors' top choice for vacation
- ✓ The single BIGGEST waste of money for seniors



One question has fascinated mankind for hundreds of years.

We, too, were consumed by it when it emerged from within our labs. What started out as a plan to detect cancer in a revolutionary way eventually evolved into something much bigger than we could ever have imagined. In our mission to revolutionize medical care we discovered something far bigger that we couldn't ignore. We can't believe how little it's talked about. But we think we've got the answer to the question that man has dwelled upon for so long. What is the secret to a long and healthy life?

And that's why we're not just developing a product; we're helping to create a better lifestyle. The more research we did, the more we thought about the most important person in the world—you. We care about your health, your safety, your family and your quality of life. We'd like to give you a glimpse of the biggest tips and secrets that we found with the help of our experts, doctors and seniors who are doing it right. And along with this, we have just the thing that will change your life.





Find out your RISK SCORE

When you talk to your doctor about the numbers, it's always blood pressure and heart rate. So why isn't your doctor talking to you about the most important number out there?

We're here to change that. We've designed a quiz to help determine your Risk Score, so you know where you stand in comparison to other seniors. After you calculate your score, be sure to check out the expert tips we've designed just for you. They'll help lower your risk score and save you from making a costly mistake.

Calculate your score in just a few minutes

Circle each answer that applies to you.

1. How often do you smoke?

- A. Never
- B. 2-3 times a week
- C. Once a day
- D. More than once a day

2. Have you ever suffered from a stroke or heart condition?

- A. Never
- B. One of those
- C. Both of them
- D. More than one of either

3. Does your family have a history of heart conditions?

- A. No
- B. Yes

4. How active are you?

- A. More than 30 minutes of physical activity daily
- B. 30 minutes of physical activity daily
- C. 30 minutes of physical activity 2-3 times a week
- D. 30 minutes of physical activity once a week or less

5. Do you live alone?

- A. No
- B. Yes

6. How many hours a day do you spend by yourself?

- A. I'm never by myself
- B. Nights
- C. Nights and more than half of the day
- D. All hours of the day

7. Are there stairs in your house?

- A. None
- B. A step or multiple steps at the doorway
- C. One floor, but there are stairs between levels
- D. More than one floor and a flight of stairs

8. Have you ever fallen and sustained an injury?

- A. More than twice
- B. 1-2 times
- C. Once
- D. Never

Calculating your score:

- 1. For each blue answer you circle, add 1 point
- 2. For each green answer you circle, add 2 points
- 3. For each yellow answer you circle, add 3 points
- 4. For each red answer that you circle, add 4 points

Record your total score here and keep it for your reference: _____

How do you compare to other seniors?

The average Risk Score for seniors today is 18, but our doctors suggest striving to reach 12 or below. A high score won't just cost you your health; it can also cost you hundreds of thousands of dollars. We're here to help you save that money and stay healthy by showing you the most important tips, straight from our experts. And we've made them as simple as possible so you can start following them today!



The Secret to Your Best Retirement...

It takes more than just an apple a day. Even if you’ve been healthy your whole life, starting annual checkups and screenings today is more important than ever.

Here’s why:

- It’ll help detect and cure any potential diseases before they become complicated
- You’ll build a long term relationship with a doctor you can trust to ensure just the right treatment for you
- You’ll discover the latest medical breakthroughs in treatment and medicine to make sure your receiving the most up to date medication and care AVAILABLE
- It’ll help you save on your medical bills so you can use your hard earned money for what actually deserve: your best retirement

What should your checkups include?



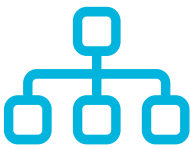
Vision and hearing tests



Blood tests



Blood pressure, BMI, physical exam



Family history



Screenings of the skin, colon, prostate (males), breasts & cervix (female)



The latest vaccines

In addition, if you take medication on a regular basis, discuss this with your doctor so he/she can see if a better alternative has been released. Medications that lead to dizziness, drowsiness and difficulty walking can lead to falls and other injuries that will affect you in more ways than you think. If one or more of your medications cause these side effects, please talk to your doctor.

We know that retirement shouldn’t just be about the doctors and the checkups! That’s why we we’re also revealing the perks and the fun parts. You may think you know one of the most popular activities in retirement, but you’ll never believe what the other one is.



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Balance is Everything

Did you know that golfing and dancing are at the top of the list, beating out all other activities in retirement? But they're not the only ones. We've consulted our most active seniors for a list of their favorite physical activities.



Here are the best activities:



Water aerobics



Tai chi



Yoga



Gardening



Shuffleboard



...And most importantly:
a 30-minute walk, daily

Now that you've gotten your share of daily physical activity, treat yourself a little! From book clubs to movie nights, there are dozens of ways to add happiness and good people into your life. Here are the top choices:

Where:

Did you know: Disney World and US national parks tied in first place for favorite senior destinations of 2018? What are you waiting for? Discover a world of parks and thrills.

What:

Caring for a pet has been proven to help increase health and happiness.

Who:

Friends and family: don't forget to make time for your loved ones and even have them accompany you on your trips, hobbies and exercise activities. Studies reported that seniors who belong to a community center, faith-based group or even a club feel an increased sense of joy.

Being active and busy is crucial for staying healthy and energized, but we discovered these four tips that are equally as important:

- Make sure you're wearing the best shoes to prevent back or knee problems
- Avoid clothes that bunch up or drag on the floor
- Know when to stop! If you're tired, weak or uneasy, give yourself a break
- Find out which foods will keep you energized and healthy to ensure strong bones and help maintain an active lifestyle

Do you know what these four tips have in common? They'll help prevent the single largest threat facing retirement.

Did you know:

Disney World and US national parks tied in first place for favorite senior destinations of 2018?



The single **BIGGEST** waste of money for seniors...

...may not be what you think it is. It's hardly ever spoken about, but it's responsible for over \$70 billion in medical bills annually and is the number one cause of injury and death among seniors.



Know what we're talking about yet? If you don't, it's ok. In our Vayyar MEDICAL™ survey last year, only 80 out of 1000 people we interviewed guessed it correctly. But just because nearly nobody knows about it, doesn't mean it's not time to start talking and to stop falling. That's right, you heard it. The single most expensive, dangerous threat that you're facing isn't a heart attack, a stroke, or even cancer. It's a fall. And the one place that's supposed to make you feel the safest and most secure is responsible for 90% of all falls. That's right: your own home.



What Your Doctors “Forgot” To Tell You

- 11 seconds: Is how often an adult over 65 in America is treated in an emergency room for a fall.
- \$30,000: Is the average financial cost of just one single fall for a senior citizen.
- 6 months: Is the maximum life expectancy for the 1 in 4 elderly people who fall and sustain a hip fracture. This accounts for a quarter of all falls.
- 50%: Is the amount of people who avoid social or physical activities after a fall because of the psychological toll.
- 90%: Is the amount of seniors who are able to return to their homes after receiving help within 1 hour of a fall.



The Hidden Traps

Just because your home is loaded with “hazard zones,” doesn’t mean there aren’t steps you can take to lower the risk of a fall. That’s why our fall detection experts have identified the four most dangerous areas in the house, so we can help you make them safer.

The fourth most dangerous part of the house isn’t actually a place; it’s in every place. We’re talking about lighting. Poor lighting can increase the risk of a fall in every room in the house by 50%! Here’s what our experts suggest for you.



Stairs and floors are the third most dangerous trap in the house. But how can you turn them from a danger zone into a safe zone?

6 De-clutter common areas so that floors and hallways don't have any obstructions that will increase the risk of falling

7 Repair any uneven flooring and place pads under rugs or loose carpet

8 Apply tread/reflective tape to stairs for a better grip

9 Cover porch steps with gritty, weatherproof paint

10 Add rails or grab bars to every stair case, even if it's just a few steps high

So this leaves us with the two most dangerous places in the home. Ranking in second place for most falls in the house is the kitchen. And right above it is the one place in the house that leads to the most frequent, most serious and most expensive injuries as a result of a fall. And right above it, is the one place in the house that leads to most frequent, most serious and most expensive injuries as a result of a fall. And because you're usually in there alone, it's the place that's hardest to call for help in the event of an emergency. Think you have an idea by now? It's the bathroom.

At the top of the list is the one place in the house that leads to the most frequent, most serious and most expensive injuries as a result of a fall. It's the bathroom.



There are wet, slippery floors, piles of towels, and loose mats and rugs. There's also hot water that can lead to scalding, steam that can cause light-headedness, closed eyes when shampooing, and quite a bit of bending when it comes to the toilet and shower.

Here's how to help make the kitchen and bathroom less of a threat:

✓ **11** Add non-slip mats to showers and slippery areas in the kitchen.

✓ **12** Place a bath chair in the shower so you or your loved one can shower comfortably.

✓ **13** Install a rail near the toilet to help you sit down and get up more easily as well as a rail inside the shower.

✓ **14** Replace the towel rack with a grab bar. Now, if you or your loved one grabs the towel rack for balance, it won't come off the wall.

✓ **15** You may also consider getting rid of the tub. Many senior care professionals recommend eliminating the bath and replacing it with a larger walk-in shower that has a stool and doesn't require stepping over the side.

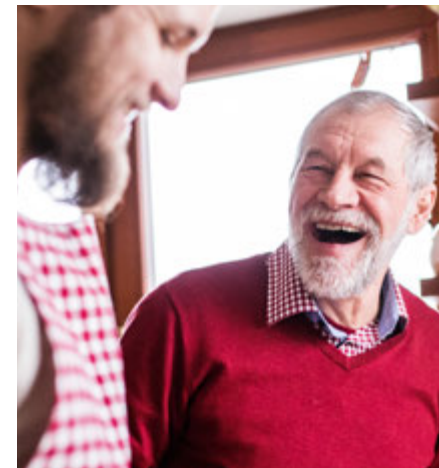
✓ **16** If you're interested in doing a more complete renovation, it's recommended to replace any furnishings with sharp corners (like counter tops or cabinet doors) with furnishings featuring rounded edges. If you'd like a smaller scale modification, simply cover sharp edges with adhesive rubber or another soft material.

✓ **17** There's one more crucial modification that thousands of seniors have already added to their bathrooms, kitchens and other dangerous spots around the house. It's part of our fall-preparedness guide that'll help keep you ahead of the game.



Ahead of the Game

Once you've fall-proofed your house, the last thing you need is a plan of action. It's always better to be prepared before than to be caught off guard. Every doctor will tell you that after a fall, every second is critical. Here are four simple steps that can save a life (and thousands of dollars):



Pick one person that will be your designated emergency contact. This can be a friend, family member, caregiver, or anyone who is in regular contact with you and is available by phone.



Outfit your house with the #1 fall detection technology of today and connect it to your primary caregiver. In addition to saving your life, this will prevent you from having to yell for help, reach for a phone, or try to get up by yourself.



Even if you're able to get up and no serious injury has occurred, go to a doctor to check for any internal or long-term injury.



6 Tips for Choosing a Fall Monitoring Solution

No matter how many exercises you do to strengthen your legs or improve your balance or how many obstacles you remove from your path, at the end of the day accidents sometimes simply happen. And if they do, you need to be prepared.

That's where a fall monitoring solution comes in – just in case. But which fall monitoring detection is right for you? At first glance it may be hard to tell which works best and what type of functionality you actually need. To help guide you in your choice of a fall detection solution follow these six easy tips, and you should be able to find the best solution for your needs.

1. Choose convenience

In order for any fall detection solution to be effective, it needs to be used. And to help encourage use, you need to consider a few things. Does it take a lot of work to set it up? Do you have to turn it on each day? Are there batteries to switch? If it takes a lot of work to setup and use, it's very likely you won't use it. In other words, simplicity is best. You want automated monitoring that's always on, as an ideal. Or as we like to say, you should be able to set it and forget it.

2. Go for comfort

Similarly, you need to consider your comfort. Many fall detection solutions feature a wearable like a watch or a pendant. No matter how stylishly they've been designed, the truth is, they're still quite cumbersome. Plus, you have to remember to put a wearable device on each and every day and have it on at all times, including when you are in the bathroom and when you go to sleep at night. And, for obvious reasons, it's not all that practical in the bathroom either. In this case, it's better to look for something as unobtrusive as possible, like the Walabot HOME that has no wearables at all.

3. Get coverage where you need

Ask yourself if you've ever felt lightheaded getting up from the toilet, lost your balance in the shower, stumbled over a slippery floor in the kitchen, or even tripped over the bathroom rug. These sorts of things happen every day-- which is why you need more reliable protection in the trickiest parts of the house.



4. Make sure you're heard, quickly

A fall detection solution can only be as effective as the help it summons. Two-way voice communication between the device and your emergency contact is key. As timely assistance is of the essence, you need to be able to tell your emergency contact exactly what happened, within minutes, so you can get the help you need. But who does your monitoring solution call? It's your privacy and your life at stake, so this should be up to you. That is, you should be able to choose any individual you feel comfortable with as your emergency contact who is then automatically called by the device itself in the case of a fall.

5. Insist on flexibility

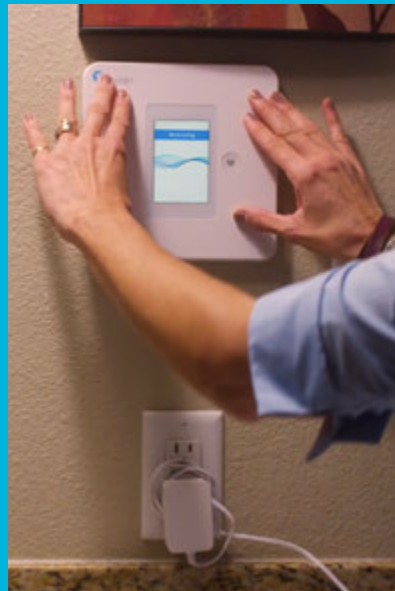
What if you fall and are unconscious? You certainly can't push a button to notify an operator. You need a system that can prepare for that as well. That means you want to be sure that your fall monitoring solution gets in touch with your emergency contact on your behalf, no matter your condition.

6. Pay wisely

As an essential service for maintaining your well-being, purchasing a fall detection solution shouldn't break the bank. In fact, affordability should be an absolute prerequisite. This means a clear payment plan, no hidden fees, and no long-term contracts you can't escape. Of course, reliable customer support should also be built into the cost. And to be on the safe side, a money-back guarantee is also a plus.

Now that you know what you should look for take your time and do your research, to make sure the fall detection solution you choose offers everything you need.

Ready for the easiest, most reliable fall detection on the market today?



If it takes a lot of work to setup and use, it's very likely you won't use it. In other words, simplicity is best. Or as we like to say, you should be able to set it and forget it.



Why Walabot HOME?

Walabot HOME reduces harm by immediately detecting falls then automatically calling for help—wherever that may be—within seconds.

Reliable

Walabot HOME is powered by the world's most advanced radio frequency sensor technology. Vayyar technology is so accurate that it can detect 99% of falls. That's four times more reliable than the leading competitor.

Immediate

When Walabot HOME detects a fall, it immediately notifies an emergency contact. The sooner help arrives, the faster treatment can be administered and the quicker you can return home.

Automatic

In the event of a fall, a two-way voice call is activated so you can speak with your caregiver and tell him/her what has happened, even if you cannot move. In addition, your caregiver will receive an SMS notifying them that the Walabot HOME has detected a fall.

Walabot HOME also works in a wide range of conditions that cameras cannot, including steam and darkness, and can sense through objects like curtains and glass walls.

Safety

Your safety is our concern. Not only do we constantly monitor your health, but we also ensure that our device meets all of the necessary compliance standards. Approved by the Federal Communications Commission (FCC), Walabot HOME emits monitoring waves 1,000 times weaker than an average smartphone or Wi-Fi device making it a completely safe addition to your home appliances.

Privacy

No camera means your privacy is always protected. Instead of collecting optic data, Walabot HOME's sensors capture a general outline of your location and position. This ensures that your identity and personal information are never recorded and removes any fear of a security breach.

To answer your question...

QA

“What if I lie on my bed?”

Walabot HOME’s smart-sensor technology recognizes the difference between you lying on your bed and falling on the floor.

“What if I sit on the toilet?”

Sit or stand as normal. Walabot HOME uses advanced learning software to continuously familiarize itself with you and your surroundings to keep you safe.

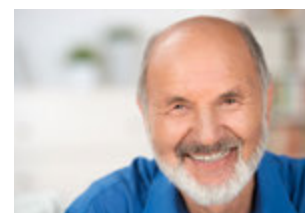
“What if I can’t reach the unit?”

Walabot HOME doesn’t need you to press any buttons. If you can’t move, the device will automatically call your caregiver and activate its speaker phone.

“What if the room is dark?”

The technology is based on radio waves, not cameras, and works under any lighting conditions. And works under any lighting conditions.

What our customers are saying...



Perfect peace of mind

“Easy installation. My Walabot HOME blends with the decor of my kitchen so I don’t even notice it’s there. Brings me peace of mind that if something happens to mom, I’ll be aware of it immediately.”

– Joe H.



A great alternative

“I recently installed Walabot HOME for my mother who had previously tried pendants. She was very frustrated with the idea of having to wear a pendant, and so this device is a great alternative.”

– Evelyn D.



Made me feel safe

“I was worried about falling due to my medical condition. I installed Walabot HOME in my bathroom and was pleasantly surprised by how easy the setup was and how safe it has made me feel!”

–Andrew S.



Welcome addition to our home

“We installed Walabot HOME in my mother’s living room. We have not had any falls since it was installed, and hopefully won’t, but I’m very glad it is there as it reassures me.”

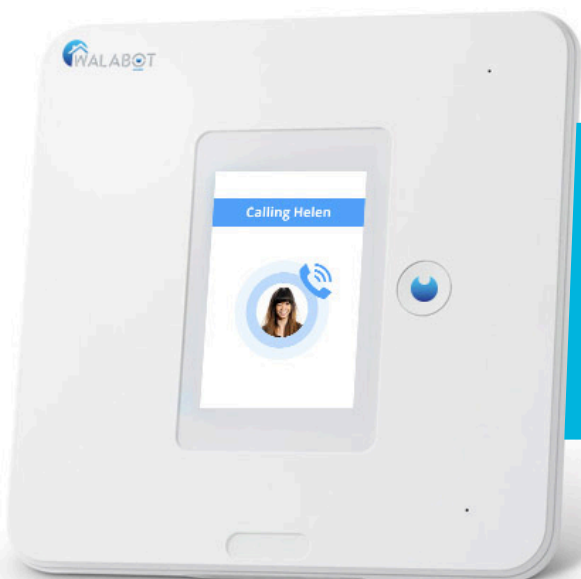
–Gene R.



Our Thank-You Gift to You!

Discover all of our expert tips and best kept secrets today with the Walabot HOME newsletter, delivered straight to your inbox.

In our first issue, we'll reveal the most important thing affecting you and your family's lives.



ORDER NOW

to receive an exclusive \$10 off with coupon code "EBOOK10"

Visit our website to claim your free gift!