

# YOUR ONE-CALL FOR COMPLETE SENIOR HEALTH

to age magnificently wherever you call home

Experience the difference when all your health services truly revolve around you, keeping you healthy at home. It's more personalized, better coordinated, more convenient. You'll feel confident you're known in those moments that matter most. We call it Complete Senior Health.

*Senior-savvy, in-home clinicians  
proactively address medical  
and personal needs*

## Lifespark COMPLETE™

*Medicare-certified home  
health for specialized needs  
after injury or illness*

### Lifespark Skilled Home Health



*From vibrant apartment  
living to short-stay rehab  
after illness or injury*

### Lifespark Senior Living



*Nurses and caregivers  
work to support fuller,  
more independent lives*

### Lifespark Home Care



*Compassionate care  
and comfort for  
meaningful days*

### Lifespark Late Life/Hospice



**We put YOU at the center  
of everything we do!**

## Top reasons to look to Lifespark as you age

Lifespark brings  
services and  
support right  
to your door

+

Less stress for you  
and your family

+

Few ER visits  
and hospital stays

+

Reduction in  
over/under use  
of medications

+

Smoother  
transitions between  
procedures/services

+

Greater control  
and flexibility =  
life on your terms

+

One number to  
call for questions  
and concerns



Your **COMPLETE** Senior Health Partner

Phone: 952-345-0919

Learn more: [lifespark.com](https://lifespark.com)

At Lifespark, we're passionate about sparking lives. About helping you stay you. About empowering you to do what brings you joy, be with the people you cherish, and live life on your terms. We use the following seven elements of well-being to help you achieve health and lifestyle goals.

## HEALTH



Health and wellness are about the ability to live life on your own terms, to live where and how you choose.

## BEING



You will always be you, but what matters most to you may change as you age. Being is the ability to complete the phrase "I am..." And the longer you live, the more answers you find.

## MONEY



Financial resources help you meet your current needs and plan for future independence and lifestyle maintenance.

## HOME



Home is where you find comfort and a sense of belonging, whether in a house, a community, or a skilled facility. Home, and feeling at home, is essential to your overall well-being.

## BELONGING



Social connections are vital to your health and well-being at every point in the human lifespan. When your sense of belonging is weak, you can feel isolated even in the presence of others.

## PURPOSE



Having a strong life purpose improves your physical and mental health and enhances overall quality of life.

## THINKING



Your ability to think for yourself is central to your existence, memories, and ability to relate to people and your surroundings, including time and place.