

Smarter Health, Longer Life

A practical 55+ checklist for using health habits, AI, and new technology to stay active, independent, and prepared.

**Companion guide to Michael Nuschke's CARP Atlantic presentation:
Smarter Health, Longer Life: What Adults 55+ Can Do Now and What's
Coming Next**

The big idea

A longer life only matters if it is also a healthier, more independent, more meaningful life. The practical goal is not just lifespan - how long you live - but **healthspan**: how long you stay healthy, active, capable, and engaged.

The best way to prepare for what is coming is to become the **CEO of your own health**: more informed, more proactive, and better able to work with your doctor and other health professionals.

1. What you can do now

Movement, strength, balance, sleep, nutrition, stress, connection, and purpose.

2. Tools that can help

AI, wearables, home monitoring, health records, and better doctor questions.

3. What is coming next

Better AI health tools, robotics, drug discovery, aging-in-place support, and longevity science.

The point is not to chase every new technology. The point is to stay healthy, stay curious, and use the tools that genuinely help.

Important note

This guide is educational only. It is not medical advice. AI tools can help you prepare better questions, but your doctor, pharmacist, and qualified health professionals remain essential.

The 7 Smart Healthspan Actions

Start where you are. Build slowly. The goal is consistency, not perfection.

1. Move daily	Walk, stretch, and avoid sitting for long uninterrupted periods. Movement is one of the most reliable foundations of healthy aging.
2. Add exercise snacks	Several times a day, add brief bursts of extra effort: stairs, a hill, faster walking, carrying groceries, or another safe activity that raises your breathing for a short time.
3. Preserve muscle	Strength training supports balance, glucose control, mobility, independence, and resilience. Start light and build safely.
4. Protect sleep	Aim for consistent, good-quality sleep. Watch late caffeine, alcohol, screens before bed, room temperature, and sleep apnea symptoms.
5. Eat for repair	Prioritize protein, vegetables, fruit, healthy fats, and omega-3 sources. Reduce ultra-processed and high-sugar foods.
6. Stay connected	Relationships, community, and social contact are part of your health plan. Isolation is not just unpleasant; it can be unhealthy.
7. Keep learning	AI, languages, music, hobbies, reading, and practical skills all keep the brain engaged. Curiosity is a longevity habit.

Your 30-day challenge: Choose one health signal to track - steps, sleep, blood pressure, strength sessions, or balance practice - and improve it gently over the next month.

AI as a Health Partner: 7 Practical Prompts

Use these prompts with ChatGPT, Gemini, Claude, Perplexity, or another trusted AI tool. The safest framing is: **help me understand and prepare - not diagnose me.**

1. Prepare for a doctor visit

I have an upcoming doctor appointment about [issue]. Ask me 8 questions, one at a time, so you can help me prepare a clear summary and a list of smart questions for my doctor.

2. Understand symptoms safely

I am not asking for a diagnosis. Based on these symptoms, what are the possible explanations, what red flags should I watch for, and what should I ask my doctor?

3. Simplify medical language

Explain this medical term or report in plain English for a non-medical adult 55+.

4. Review medication and supplement questions

Here is a list of my medications and supplements. Are there any common interaction concerns I should ask my pharmacist or doctor about?

5. Challenge the answer

What could make your answer wrong? What information or test result would change your conclusion?

6. Ask for uncertainty

How confident are you in this answer, and what uncertainties remain? Please separate what is likely, possible, and unknown.

7. Create a simple 30-day plan

Based on my current habits, create a realistic 30-day plan to improve movement, sleep, strength, nutrition, and stress. Keep it simple and achievable.

Privacy reminder

Avoid sharing highly sensitive details unless you are comfortable with the privacy settings of the tool you are using. Do not upload documents that contain Social Insurance/Social Security numbers, full addresses, account numbers, or other unnecessary identifiers.

Next step: Visit RetirementSingularity.com for practical updates on AI, longevity, healthy aging, robotics, and the changing future of retirement.