

# Retirement & Health *checklist* ✓

Plan for your retirement or find out more about how you can look after your parents with our round-up of the best pension advice, homecare options, as well as a variety of ideas to stay healthy



## In need of surgery? Why wait?

CARE UK BELIEVES PATIENTS SHOULD receive high-quality healthcare, fast. Nobody likes to wait, and leaving it too long before having your treatment can be detrimental to your recovery.

If you want rapid access to high-quality, consultant delivered surgery, Care UK's self pay packages could be the ideal solution for you and your loved ones. With prices up to 30% less than other private hospitals, but with no compromise on quality, it's no wonder so many patients are turning to Care UK for their surgery

For almost 18 months, retiree Peter Brewin, 73, had been suffering from pain caused by a hernia. On a shopping trip, the hernia became so pronounced and painful that he could no longer walk and he had to be helped back to his car.

His GPs request for NHS funding was rejected twice and it seemed as if he would face a future with limited activities and increasing pain.

*"In the end, my GP suggested having surgery at a private hospital. However, my wife had knee surgery*

*as an NHS patient at Care UK and we had been delighted with the treatment she received. When we found out that the centre was offering self pay surgery it was the natural choice for me.*

*The consultant was excellent and inspired real confidence, which is important when you are allowing someone to operate on you. I am now back to health and looking forward to joining my friends back on the golf course and I would recommend Care UK to anyone!"*

Does your experience sound similar to Peter's? If so, get your life back on track and enquire about self pay treatment options today. Care UK are the UK's largest independent provider of health and social care and support older people to live happier, healthier and more fulfilling lives.



For a full list of prices and procedures visit [careukselfpay.co.uk/checklist](http://careukselfpay.co.uk/checklist)



## Regenovex your body!

A DAILY SUPPLEMENT LIKE Regenovex Actiflex one-a-day capsules (also available as topical gel) can provide an easy way to top up on key nutrients. It is ideal for supporting those with active lives, sporting lives and those in their golden years. The gel cools and soothes and is ideal for massaging joints including knee, hip, foot, ankle, back, neck, shoulder, elbow, wrist and finger.



Find out how Regenovex can help you at [regenovex.co.uk](http://regenovex.co.uk)

## Treat your swallowing and reflux problems

MANY PEOPLE SUFFER FROM SWALLOWING difficulties – dysphagia – or acid reflux, snoring and sleep apnoea. These problems can affect anyone, and at any age. A new neuromuscular treatment, IQoro®, trains the slack internal musculature and allows people to regain their former quality of life.

Dysphagia brings with it swallowing problems, facial or throat paralysis and speech difficulties. Hiatus hernia is accompanied by acid reflux (GORD), heartburn, nausea or a sensation of a lump in the throat or chest. Snoring and apnoea disturb sleep and bring daytime tiredness.

IQoro addresses all these issues simply, effectively and without surgery. IQoro is a hand-held and self-administered neuromuscular training device that strengthens the affected muscles and encourages the relevant nerve systems to and from the brain to improve, rebuild and regain control over all



these functions. Training takes just 30 seconds three times per day and can be performed at home or wherever you find yourself.

This revolutionary method is underpinned by a series of peer-reviewed, internationally-published clinical studies and has helped over 14,000 people to date. IQoro is a CE-marked Class 1 Medical Product recognised by the National Institute for Health and Care Excellence (NICE) as "the only device available for treating hiatus hernia with oral neuromuscular training and the intended place in therapy is as an alternative to long-term proton pump inhibitor medication, or to laparoscopic fundoplication surgery".

For free shipping use code CHECKLIST at [iqoro.com](http://iqoro.com). Email [info@iqoro.com](mailto:info@iqoro.com) or call 0203 966 0723 for more information.



## Get the spring back into your step

DON'T HAVE THE TIME or money for the gym? Here's how to get your fitness on the right track.

Instepp® is a fun answer to keeping active, outside in the fresh air with family and friends or in the comfort of your own home. It can also be used in the swimming pool or as part of an aqua Instepp® workout. Julie Ford created Instepp® to exercise the upper body and the legs at the same time with a 5lb/2.3kg resistance.

Accredited by physiotherapists and osteopaths, Instepp® provides 'functional movement' using the whole body, as well as improving mental agility and physical fitness.



Julie said: "Your brain has to concentrate as you co-ordinate both your arm and leg movements. It's such a simple idea, it's ready to use any time, anywhere and is attainable, sustainable and fun."

Although you can use Instepp® alone or even seated in a chair, resistance walking is a social activity and is best done in groups.

"Feeling well is so important, you don't need to spend a lot of money or go on fad diets – just keep it simple and walk and tone with friends," added Julie.

Instepp® is available online priced at £24.99. Save 20% with code HM20. Instepp® comes in a drawstring bag plus you'll also receive complimentary hands-free clips worth £5. Visit [instepp.co.uk](http://instepp.co.uk) for further information. Follow [@insteppfitness](https://www.instagram.com/insteppfitness)



## The 21st century aid to an age-old problem

GIGGLE KNICKERS are a washable cotton knicker for those little leaks.

Each high-tech gusset holds up to 30ml of liquid and promises to keep you feeling fresh and dry, all day long.

We leak for all sorts of different reasons, but it can be hugely embarrassing and stressful when it happens. Which is why Giggle Knickers can help give you peace of mind and allow you to get on with your life, or try something new, without any niggling worries.



At £12.99 for the briefs and £14.99 for the high waist knickers, they will save you a fortune in the long run and will help reduce the number of disposable products that end up in landfill. That makes them good for your pocket and the planet!

Visit the website at [giggleknickers.co.uk](http://giggleknickers.co.uk) and get an additional 10% off at checkout when you order three or more pairs.



## Knee pain sufferers unite with Neo G

SUFFERING FROM ACHES AND PAINS in the knee is a common issue for many people in the UK. It's important not to neglect your muscles and joints as the smallest of injuries can sometimes lead to sprains, strains and instability, hindering the simplest of everyday tasks and movements.

By using a support such as the Neo G Stabilized Open Knee Support whilst walking or exercising, you can help to prevent injuries, as well as reduce the possibility of worsening existing ones.

Neo G offers a range of medical grade orthopaedic and sports supports, designed by qualified orthopaedic engineers for all ages and body types.

The Stabilized Open Knee Support and wider Neo G range is available at Boots instore and at [boots.com/neo-g](http://boots.com/neo-g). For more information, visit [neo-g.co.uk](http://neo-g.co.uk) or call 01423 507 309.



## Are you one of 58% of people yet to make a Will?

THE IMPLICATIONS OF NOT HAVING A WILL, or not having updated your will when circumstances change, can be costly and cause distress to your loved ones. Today's relationships can be quite complicated. The Planning Crowd are experienced in all aspects of Legal Services for the family and can help you and your family.

The team at The Planning Crowd have written over 120,000 Wills, and there really isn't anything they can't help you with.

By making a will you ensure that your wishes are met after you are gone. You choose your own executors and they will ensure your Will is followed. This can cover who inherits and who doesn't; you are able to leave specific gifts, legacies or charitable donations; and your Will can also specify your funeral wishes and organ donation. By doing this now you will make things a lot easier for family at what can be a difficult time.

Dementia is a growing challenge and tragedy. Should we, through illness or accident, lose the ability to make decisions for ourselves then a Lasting Power of Attorney really helps. This is a vital document which gives family members, or trusted advisors, authority to handle the financial affairs of a loved one and/or make

decisions on their health and wellbeing.

The Planning Crowd are part of the Institute of Paralegals. Consultants will guide you through every step as we prepare your documents together. This can be via phone or a home visit. They will only draft your documents once you are happy with your instructions, which will be checked at every stage via their compliance team. The Planning Crowd will then post your documents with clear signing instructions and follow up with a call to ensure safe receipt and answer any questions you may have.

Text WILL to 66777 and someone will call you back. Visit [theplanningcrowd.com](http://theplanningcrowd.com) for more information.



## Put a lid on using messy drops for your dry eye conditions with the revolutionary EyeBag®

FED UP OF USING eye drops for your dry eye or blepharitis? There is a better alternative.

The EyeBag® uses warmth to release your eyes' natural oils to improve your tear film and stop those gritty sore sensations. It treats the underlying condition rather than just the symptoms of dry eye.

Clinically proven to be effective in peer reviewed patient trial, the EyeBag® is simple to use. Just heat in your microwave for 30 seconds, place over the closed eyes and relax.

This innovative product is fully manufactured in the UK using local grown flax seed as filling, with 100% silk and cotton outer.

The EyeBag® and its packaging are 99% biodegradable and the team are working on the last 1%. After about 200 uses just pop it in your compost – for zero plastic waste.

As over 10 million plastic eye drop bottles are thrown away each year in the UK, you do not have to compromise your eye health for the planet.



Make sure you get the EyeBag® - the only biodegradable warm compress for dry eye and blepharitis.

This product is CE marked and FDA registered. Get free UK-wide delivery on your order.



Buy securely online at [eyebags.com](http://eyebags.com) using code EYE25 to enjoy 25% off.



## Take control of your pension savings with an online plan

IF YOU'RE NEARING RETIREMENT, it's more important than ever to check your pension balances regularly and ensure you're on track to achieve the retirement you want. If you're struggling to find out how much money you've built up over your career, PensionBee can help. We'll piece together your employment history to find any old workplace or private pensions you've lost track of and bring them

together, all under one roof.

Combining your old pensions into a simple online plan, with one clear balance and one fair fee, will put you back in control of your pension savings. You'll be able to view your live pension balance, see your projected retirement income and contribute



or take money out, from the age of 55, in just a few clicks. Remember, pensions are an investment – your balance can go up and down, and your capital is at risk.

Visit [pensionbee.com](http://pensionbee.com) or call 020 3457 8444 for more details.



Release equity. Realise potential. See how much you could release at [sunlife.co.uk/money/equity-release](http://sunlife.co.uk/money/equity-release) or call 0800 142 2255.



You continue to own your home with a lifetime mortgage secured against it.

