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Subject: Manage chronic conditions & meet elected officials

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## 10 chronic conditions and how to prevent or manage them

From hypertension to diabetes, 80% of older adults have one. See which are the most common, and get tips for managing them.

[View the list](#)

## Proposals to increase health insurance premiums for older policyholders

According to multiple sources, there are two proposals in development that could increase health insurance premiums for older policyholders (55-64 years old). The Affordable Care Act (ACA) prohibits insurers from charging older customers more than three times as much as younger enrollees.

Reportedly the Trump administration is working on a proposed regulation that would increase the current 3:1 ratio to 3.49:1. In addition, a draft bill before the House Energy and Commerce Committee could increase the ratio to 5:1, and permit states to go even higher. Increasing the age-rating limit to 5:1 could raise annual premiums for an average 64-year-old in a silver plan by an estimated \$2,100 (from \$8,500 to \$10,600).

[Read the AARP fact sheet](#) | [More on ACA provisions for older adults](#)

## Use the February recess to meet with elected officials

Members of Congress are on recess from Feb. 18-26, offering a critical opportunity to personally connect with your delegation. These three steps can help you get one-on-one time with your member of Congress.

[Make a plan](#) | [Watch our recorded webinar about 2017 advocacy priorities](#)

## 2017 Federal poverty guidelines available

The U.S. Department of Health and Human Services released the new guidelines on Jan. 27. The federal poverty level is now set at \$12,060 for an individual, and \$16,240 for a couple in the contiguous 48 states. Full details are available online.

[Get the guidelines](#)

## In search of America's best intergenerational communities

Generations United & MetLife Foundation are looking for communities across the country that are embracing intergenerational solutions to serve, empower, and engage residents of all ages. If you think your community has

what it takes to be one of the 6th Annual Best Intergenerational Communities, apply for the awards by Feb. 24, 2017.

[Learn more and apply](#)

### *Coming up...*

- **Lobbying and Advocacy 101:** Join us for a free webinar on Feb. 9, at 2:00 p.m. ET to understand what lobbying is, why it's so important, and how your nonprofit can lobby within the rules.
- **Medication management: tools for success:** Learn more about the new *Falls Risk Reduction Toolkit* developed by NCOA and the American Society of Consultant Pharmacists.
- **Hospital transitions: what you & your clients should know:** Join special guests from the Medicare Rights Center to discuss Medicare rules and requirements of hospital transitions and discharge planning.

### *Did you miss this?*

- **3 rules for job hunting after 50:** Share these tips to arm seniors with the confidence and tools they need for a successful job search.
- **New BenefitsCheckUp®:** Our online service to screen people for public and private benefits programs is now even easier to use, thanks to an exciting redesign.

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