Dear [Name]

All older adults deserve safe, high-quality health care that is based on what matters most to them as individuals and delivered reliably in every setting.

[Organization Name] is leading the way in making sure that every day, every older adult receives age-friendly health care.

As part of the [[Age-Friendly Health](http://www.ihi.org/Engage/Initiatives/Age-Friendly-Health-Systems/Pages/default.aspx?utm_source=IHI_Marketing&utm_medium=How_to_Help&utm_campaign=Age_Friendly&utm_content=Email) Systems](http://www.ihi.org/Engage/Initiatives/Age-Friendly-Health-Systems/Pages/default.aspx?utm_source=IHI_Marketing&utm_medium=How_to_Help&utm_campaign=Age_Friendly&utm_content=Email) movement, we are among the first health systems in the country implementing age-friendly health care.

The four essential elements of an Age-Friendly Health System are known as the 4Ms:

* **What Matters**: Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.
* **Medication**: If medication is necessary, use Age-Friendly medication that do not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.
* **Mentation**: Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.
* **Mobility**: Ensure that older adults move safely every day in order to maintain function and do What Matters.

You can learn more in the [Guide to Using the 4Ms in the Care of Older Adults](https://forms.ihi.org/hubfs/IHIAgeFriendlyHealthSystems_GuidetoUsing4MsCare.pdf?utm_source=IHI_Marketing&utm_medium=How_to_Help&utm_campaign=Age_Friendly&utm_content=Email)

I invite you to join us in improving the care of older adults and, in doing so, make lasting change in our communities around the world. Visit [ihi.org/AgeFriendly](http://www.ihi.org/Engage/Initiatives/Age-Friendly-Health-Systems/Pages/default.aspx?utm_source=IHI_Marketing&utm_medium=How_to_Help&utm_campaign=Age_Friendly&utm_content=Email) to join the movement.

In good health,

[NAME]