

# Never Too Old for AI

Your friendly starter guide — keep this by the coffee pot.



## 5 prompts to try this week

Open ChatGPT, type one of these in your own words, and press enter. Replace anything in [brackets].

### Health

“Explain these lab results in plain English: [paste your results].”

### Money

“Explain Medicare Part A, Part B, and Medicare Advantage in plain English.”

### Family

“Help me write a warm, short birthday text to my 16-year-old granddaughter.”

### Travel

“Plan a relaxing 4-day trip to [place] for a senior couple — easy walking only.”

### Safety

“Is this a phishing scam? Here's the email I received: [paste it].”

### Start in 3 steps

- Go to chatgpt.com — it's free.
- Type like you talk. No jargon.
- Don't like it? Say “try again.”

### Stay safe — 2 rules

- Agree on a family code word. If a “relative” calls in a panic for money, hang up and call back.
- Never type your SSN, passwords, or account numbers into AI.

## Get the whole conversation in the book

13 short chapters · all 50 ready-to-use prompts · written by a senior, for seniors

Buy at this event (I'll sign it!) · search “Never Too Old for AI” on Amazon

Explore the series: [nevertoooldwithmustafa.com](http://nevertoooldwithmustafa.com)