$$\frac{\frac{\text{km}}{\text{s}}}{\text{Mpc}} = \frac{\text{km}}{\text{Mpc} * \text{s}}$$

$$H_0 = 500 \, \frac{\text{km}}{\text{Mpc} * \text{s}} \left(\frac{1000 \text{ m}}{1 \text{ km}} \right) \left(\frac{1 \text{ Mpc}}{3.1 \times 10^{22} \text{ m}} \right)$$

$$\text{age of the universe} \sim \frac{1}{H_0}$$