

COGNITIVE CARE CHECKUP®



As we age, it's normal for us to become more aware and concerned about our own cognitive health and the cognitive health and wellness of a parent, spouse or sibling. Alzheimer's disease is the most feared disease for people over the age of 60. Surprisingly, most people don't know their risk for Alzheimer's and other related dementia's or that they can significantly reduce their risk for cognitive decline, Alzheimer's and other diseases of aging.

WE HAVE A SOLUTION...

The Cognitive Care Checkup® combines a series of screenings and health assessments along with bloodwork to analyze your current state of health and aging. Participants will also receive a professional consultation by a Cognitive Care expert specializing in functional health and nutrition. This combination is designed to provide valuable answers, clarity, and information regarding your cognitive health, functional health and rate of aging using data driven, scientifically validated methods and tools.

Your results will provide a functional health score and define your risk for Alzheimer's, cognitive decline, and other chronic age-related diseases.

BE HEALTHY,
STAY HEALTHY®

Based on the results of your Cognitive Care Checkup®, you will receive a personalized functional health Cognitive Care Plan®.

Whether your Cognitive Care Checkup® reveals you are aging normally or showing any signs of cognitive or functional health changes, we partner with you and provide a detailed roadmap of next steps including medical management, lifestyle adjustments, health coaching, referrals to professionals, access to health education and/or counseling services to assist you and your family.

Your Cognitive Care Checkup® empowers you to understand your health, prevent illness, and improve your opportunity to have the greatest quality of life to plan for your future.

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PROTECTING AGAINST COGNITIVE DECLINE AND ABNORMAL AGING

The Cognitive Care Checkup® includes:

Medical and Family History Inventory Assessment
Functional Movement Assessment
Functional Strength Assessment
Fragility and Fall Risk Assessment
Gait and Posture Assessment
Assessments that Investigate Mood, Stress, and Anxiety
Psychosocial Assessment
Neuropsychological Testing Verbal
Memory Assessment Visual Memory
Assessment Working Memory Assessment
Complex Reasoning Assessment Abstract
Reasoning Assessment Verbal Reasoning Assessment
Spatial Perception Assessment
Attention Assessment
Heart Health Assessment Endocrine
Health Assessment

Nutrition Assessment
Bloodwork



OUR FUNCTIONAL MEDICINE HOLISTIC APPROACH



We use a science-based functional medicine holistic approach to our process which includes evaluating and addressing the body's systems. Underlying issues such as genetics, diet, and lifestyle play a large part in our rate of aging and health status. For this reason, our approach lends itself to the evaluation of all the body's systems. By using functional medicine, we can focus on identifying and addressing the underlying cause of illness and distress, rather than just suppressing symptoms. Underlying health issues and treatable pseudo-dementias are often the root causes of cognitive issues.

PLAN FOR YOUR FUTURE

You've worked hard and want to be cognitively and physically healthy so you can confidently plan for your future. Getting a Cognitive Care Checkup® goes a long way in allowing you to take charge of your health and optimize your quality of life. Schedule one today.



Contact Us

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