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ACHIEVING HEALTHY AGING

Improving Health Outcomes Over 50

Screenings to discuss with your provider

This tool highlights some of the recommended screenings/tests to help spot and manage aging-related conditions. They can help you have positive, productive conversations with your health care team.

As people get older, they may experience signs of common physical and mental conditions. These conditions affect affecting bone health, focus and cognition, mood, and other functions.

While this is a normal part of getting older, these signs may be experienced earlier or more frequently by people who are living with HIV. This is especially true for those with unsuppressed HIV.

When identified early, these conditions can be managed and even improved. This allows older adults with HIV to live longer, healthier, more fulfilling lives.

This brochure is designed to empower you to partner with your health care provider to address your concerns about aging.



**Use this list when you talk to your provider.
Check off each item when you have addressed it.**



- Mental Health Screening Tests
memory, cognition • depression, anxiety,
isolation • screening for adverse childhood
experiences (ACEs)



- Bone density screening/DEXA scan



- Vision screening and reading test



- Mobility/frailty screening



- Hearing test



- Dental exam

ICOPE

INTEGRATED CARE FOR OLDER PEOPLE

- Integrated Care for Older People
(ICOPE) Screening



- Fall Risk Assessment



- Lipid panel for cholesterol and heart disease,
creatinine test for kidney function, lung
screening for COPD (chronic obstructive
pulmonary disease), and X-ray for lung disease

PLEASE NOTE: Your health care provider may recommend other screenings/tests based on how you are feeling, your health concerns, or your medical history. Some follow-up appointments may be recommended.

As you prepare for your appointment:

- Use this tool to write questions you want to ask your provider about your health.
- Ask your provider how often you should have these screenings.
- If you have questions related to services covered by your insurance, call the phone number on the back of your insurance card or speak with your caseworker.
- Navigating the health care system can be challenging. Don't be afraid to ask for help from friends and family.

Name of my Provider

Date of Appointment