ACHIEVING HEALTHY AGING
Improving Health Outcomes Over 50

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

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

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