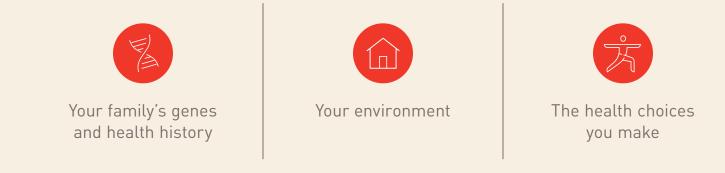
Check your brain health



Your brain changes as you get older. Not every brain ages in the same way. Some of these changes are a normal part of aging, such as forgetting where you just put something. Changes in mood can be another sign that your brain is changing.

Other kinds of changes could be caused by a health issue such as diabetes or heart disease. Forgetting things you just learned or getting lost in places you know well are not caused by normal changes in your brain.

As people age, many factors affect brain health. Three of the main factors are:



Working with your healthcare provider

One of the ways you can help keep your brain healthy is to work with your healthcare provider. They can do health screenings to check your body and brain health.

You can get started by filling out the brief Healthy Brain Checklist on the back of this sheet. Then show it to your healthcare provider at your next office visit. Together you can come up with an action plan to help support your brain health.





Take a few minutes to fill out this checklist. Then show it to your healthcare provider at your next office visit. It will help your provider learn more about your brain health.

Healthy Brain Checklist™

1. Do you need help remembering appointments, family occasions, holidays, or taking your medicine?

🗆 Yes 🛛 🗋 No

2. In the table below, check ☑ the tasks that you are having a harder time doing now than you did in the past.

Remembering important details of things I have done in the past few weeks.	Remembering the name of someone I know well.
Remembering to do things I said I would do.	Remembering what I was going to say in a conversation.
Remembering recent events or conversations.	Remembering what I was going to do when going into another room.
Retelling a story or joke to the same person because I forgot that I had already told them.	Finding things I have just put down.
Completing complex tasks at work or home (ie, balancing checkbook, planning projects).	Recalling a specific word I want.

3. Check each feeling that applies: "During the last month I have felt..."

 That I cannot stop feeling "down" or "blue," even with help from family or friends.
All pleasure and joy has gone from life.
Hopeless about the future.
That everything was an effort.
Low in energy or slowed down a lot.

In the space below, write down any other concerns you have about your memory or mood:

Remember to show your completed checklist to your healthcare provider at your next office visit.

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