

Practical Brain Health Checklist

Questions to Discuss with Your Healthcare Provider

Heart & Metabolic Health

- ☐ Is my blood pressure within a healthy range for me?
- ☐ Have I had my cholesterol checked recently?
- ☐ Am I being appropriately screened for diabetes?
- ☐ Am I getting enough physical activity for my health, age, and abilities?

Hearing & Vision

- ☐ Is it time to have my hearing checked?
- ☐ When was my last comprehensive eye examination?
- ☐ Are there any changes in my hearing or vision that I should have evaluated?

Everyday Health

- ☐ If I smoke or use tobacco, what support is available to help me quit?
- ☐ Am I drinking more alcohol than is recommended for my health?
- ☐ Am I having persistent sleep problems that I should discuss with my healthcare provider?

Emotional & Social Well-Being

- ☐ Am I staying socially connected with family, friends, or my community?
- ☐ Have I been experiencing persistent symptoms of depression or changes in my emotional well-being?

Safety & Brain Health

- ☐ Am I taking appropriate steps to reduce my risk of falls and head injuries?
- ☐ Are there other cardiovascular, neurological, or health factors that I should be addressing?

Questions I Want to Ask

1. _____
2. _____
3. _____

My Next Step

One thing I would like to work on to support my brain and overall health:

Important Information This checklist is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Talk with a qualified healthcare professional about your individual health, dementia risk factors, and steps that may be appropriate for supporting your brain and overall health.