

## Why Get a Memory Screening?

- It's important to get regular brain checkups like we do for other health screenings, such as cholesterol and blood pressure.
- Having a baseline and getting screened regularly helps identify potential memory problems sooner.
- Early diagnosis of all types of memory problems, including thyroid conditions, vitamin deficiencies, stress, or Alzheimer's allows you to begin treatment sooner and can improve your quality of life.

## What's a Virtual Memory Screening?



Simple, quick, and safe "healthy brain check up."



A series of simple questions to gauge memory, language, and thinking skills.



It's fast! Only 10-15 minutes.



Not a diagnosis, but can indicate if you may benefit for a more comprehensive evaluation by your physician.



100% confidential!

**AFA offers free virtual memory screenings  
(in English and Spanish)**