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RestoreU Method

Life Change Associates has partnered with Lost Rivers Medical Center and uMethod Health to provide a five step process to improve and promote optimal memory function as you age. This partnership will allow for comprehensive cognitive screening, a thorough psychiatric and medical evaluation, extensive laboratory assessment in addition to specialist consultation to provide you with a personalized personal care plan to improve brain health and memory.

Here are the 5 steps to the RestoreU Method:

- 1. Completion of the Self Administered Gerocognitive Exam (SAGE test)**
- 2. Intake appointment with Dr. Ravsten, or of one of his associates, if the SAGE test result suggests memory or thinking impairments**
- 3. Completion of uMETHOD Questionnaire**
- 4. Complete Blood Work**
- 5. Review Blood Work results and follow your Personalized Care Plan**

To get started, come into our office to complete the SAGE test or download a copy from our website. This test is designed to be completed by the individual WITHOUT assistance from others or consulting a calendar. It is NOT a timed test. Once completed, drop it off at our office and Dr. Ravsten or one of his associates will review your test and notify you of the results.

Please contact our office if you have any questions. It remains our privilege to partner with you in order to help you to feel better and do more!