



Functioning for Life™

Cognitive Health Q & A

Is this program covered by insurance?

Shared medical appointments are covered by many insurance companies, but you will want to verify this with your health insurance provider.

Am I a candidate for the Cognitive Health FFL?

This program is for patients who:

- want to pro-actively protect or improve their cognitive health
- have subjective cognitive impairment (SCI); Cannot be verified by testing
- have mild cognitive impairment (MCI) or early dementia; Can be verified by testing

Are there requirements to be in the Cognitive Health FF?

- Patient should be living independently (ex. able to drive, cook, etc.)
- Patient should be able and willing to engage in moderate aerobic exercise (ex. cardio)
- Patients should be ≥ 45 years-old

What will this program do for me?

- Optimize (not just normalize) metabolic parameters through nutrition (reduce simple CHO)
- Optimize exercise, sleep and stress
- Focus on the adjustment and management of lifestyle change – Plant the seed for future success
- Adjust the neuroplasticity network
- Ensure compliance with most of program
- Iterate to optimize

Does the diagnosis need to be in my medical record?

No. A diagnosis is not required by a physician.

Will I be seen by a physician?

We want to introduce you to a program that ensures your access to our team of skilled Functional Medicine providers and a model of care unlike any other. Each week, patients will meet with one of the various functional medicine providers including physicians, nurse practitioners, dietitians and health coaches.

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Will there be a physical exam?

Yes. Each participant will have dedicated time to meet privately with a Functional Medicine practitioner and receive a physical exam.

Will there be medical testing done?

Yes. Lab testing will be ordered by a physician or nurse practitioner during your first visit. While the testing provides a more complete picture of your health status, effective care can be implemented without it, or testing can be done over time. Testing is frequently done to assess nutritional status, vitamin levels, environmental toxins and much more. We will put together a plan that suits your personal needs and financial resources.

Will I be taking supplements?

Along with diet recommendations, supplements may be prescribed to accelerate the healing process. We want to help you restore balance and health and will work with you to determine next steps and/or therapies.

Do I need a MyChart account?

Yes. A MyChart account is required to participate in any functional medicine appointment. MyChart provides online access to your electronic health record, including medical appointment history, test results, physician messages and more. Through MyChart, you will receive links to complete health questionnaires that are required to participate in this program or any functional medicine appointment. Click here to learn more about how to create your MyChart account. mychart.clevelandclinic.org

Do I have to attend all sessions?

Yes. It is highly recommended that you attend every session as each class builds upon the next. There are no make-up classes available at this time.

Where are the sessions offered?

Please note the locations differ depending on the class you select.

Center for Functional (Main Campus)

Glickman Tower (Q2-1)
2050 East 96th St.
Cleveland, OH 44195.

How long are the sessions?

Each session is an hour long, with the exception of sessions 1, 3, 5 and 10 **which will last up to two hours.**

How does parking work?

For Main Campus appointments, we suggest parking in the P2 parking garage located on the corner of Carnegie and E. 100th Street.

Discounted parking is available by contacting the Cleveland Clinic Parking office at 216.444.2255. For more information on parking, visit my.clevelandclinic.org/patients/travel/parking

**For information on all Functional Medicine services,
please visit clevelandclinic.org/functioningforlife**