

AURA

LONGEVITY & WELLNESS

A THOUGHTFUL WAY TO PREPARE

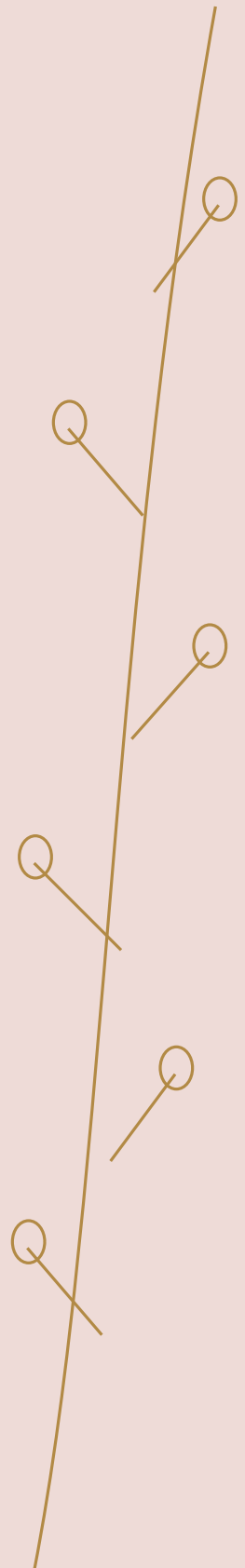
Midlife Health Clarity Guide

Use this guide to organize symptoms, clarify priorities, and prepare useful questions before your Aura appointment.

Bring this guide with you

It is a planning tool, not a diagnostic questionnaire.

auralongevityandwellness.com | 774-686-0657



STEP 1

Notice what has changed

Check the concerns you want to discuss. You do not need to decide what is causing them before your visit.

Sleep & Energy

- ☐ Trouble falling or staying asleep
- ☐ Waking too early
- ☐ Daytime fatigue
- ☐ Lower stamina or motivation

Cycle & Temperature

- ☐ Cycle timing or flow changes
- ☐ Hot flashes
- ☐ Night sweats
- ☐ Temperature sensitivity

Mood & Cognition

- ☐ Brain fog or forgetfulness
- ☐ Anxiety or irritability
- ☐ Mood changes
- ☐ Difficulty concentrating

Metabolic Health

- ☐ Weight or appetite changes
- ☐ Changes in body composition
- ☐ Blood sugar concerns
- ☐ Reduced strength or recovery

Sexual & Pelvic Health

- ☐ Lower desire
- ☐ Vaginal dryness or discomfort
- ☐ Pain with intimacy
- ☐ Urinary changes

Other Changes

- ☐ Hair or skin changes
- ☐ Headaches
- ☐ Joint or muscle concerns
- ☐ Something else I want to discuss

STEP 2

Build the clinical picture

A clear timeline and complete medication list help your clinician understand the full context, including patterns that may overlap.

When did you first notice a meaningful change?

Which changes affect daily life the most?

What has already been tried, and what happened?

Bring or update these details

- | | |
|---|--|
| ☐ Current prescriptions and doses | ☐ Relevant diagnoses and surgeries |
| ☐ Over-the-counter medications | ☐ Menstrual, pregnancy, and reproductive history |
| ☐ Vitamins, supplements, and herbs | ☐ Family history of cardiovascular disease, cancer, diabetes, osteoporosis, or clotting disorders |
| ☐ Allergies or past medication reactions | ☐ Recent laboratory and imaging results, if available |

The most important context I do not want to forget:

STEP 3

Clarify your goals and questions

There may be more than one reasonable path forward. Your priorities, preferences, risks, and medical history all matter.

If care goes well, what would feel meaningfully different in 3 to 6 months?

What concerns or tradeoffs are most important to you?

Questions you may want to ask

- ☐ What factors could be contributing to my symptoms?
- ☐ Which laboratory tests are useful for my situation, and why?
- ☐ What treatment and non-treatment options are reasonable for me?
- ☐ What benefits, risks, side effects, and monitoring should I understand?
- ☐ How will we measure progress and decide whether to adjust the plan?
- ☐ When should I follow up, and how should I communicate questions?
- ☐ Would another clinician or specialist be helpful?

My own questions:

STEP 4

Prepare for your appointment

Follow the instructions sent by Aura for your specific visit. Contact the office if anything is unclear before testing or treatment.

Before a laboratory visit

- ☐ Review the date, location, and arrival instructions.
- ☐ If Aura instructed you to fast, water is generally permitted unless you were told otherwise. Follow the fasting interval in your confirmation.
- ☐ Ask whether medications, supplements, exercise, alcohol, or caffeine require special timing. Do not stop prescribed medication unless instructed by a qualified clinician.
- ☐ Bring identification and any requested forms.

Before your consultation

- ☐ Complete requested forms before the appointment.
- ☐ Bring your medication and supplement list, relevant results, and this guide.
- ☐ Note the top two or three concerns you most want to address.
- ☐ Allow enough time to arrive without rushing.

After the visit

- ☐ Use the secure patient portal for clinical questions and refill communication.
- ☐ Complete recommended testing and schedule follow-up as directed.
- ☐ Seek urgent or emergency care when appropriate; Aura does not provide emergency services.

YOUR NEXT STEP

Bring clarity into the conversation

You do not need to arrive with the answers. The goal is to organize what you have noticed so your visit can focus on careful evaluation and informed decisions.

Start with the assessment that fits your needs

Aura offers focused perimenopause and menopause assessment, comprehensive whole-health assessment with more than 50 biomarkers, medical weight management, specialty diagnostic testing, and supportive wellness services.

VISIT START HERE

auralongevityandwellness.com/start-here

CONTACT

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In-person appointments are generally offered Tuesdays and Thursdays.

Telehealth and additional appointment times may be available when clinically appropriate.

Advance booking is required.

IMPORTANT

This guide is for educational and appointment-preparation purposes only. It does not provide a diagnosis, medical advice, or treatment recommendation, and it does not replace an individualized clinical evaluation. Do not use this guide for urgent or emergency concerns. Call 911 or go to the nearest emergency department for a medical emergency.