




Attachment 3— IDEAL Poster

Changes to this attachment have been minimal and include:

1. The addition of **MedStar** to the recently renamed MedStar Harbor Hospital.
2. A new 800 number which occurred when the telephone screening shifted from Westat to MedStar Harbor Hospital where the IDEAL NIA staff are based. The new telephone listing is **(1.855.80.IDEAL)** or **(1. 855.804.3325)**.
3. A new IDEAL website. Westat in concert with NIA has established an IDEAL website to increase information availability and access to a larger audience. This information has been updated on the IDEAL poster and is **www.nia.nih.gov/ideal**.

There have been no other changes to this document.

Are you  80 or older?
 Mentally sharp?
 In great health?

You may be an exceptional ager!



The Insight into Determinants of Exceptional Aging and Longevity study, or **IDEAL**, is looking for people age 80 and older who are exceptionally healthy to take part in a special project to learn more about healthy aging. **IDEAL** is part of the Baltimore Longitudinal Study of Aging (BLSA). The BLSA is the longest running study of human aging.

It is conducted by the National Institute on Aging of the National Institutes of Health. If you qualify to be in **IDEAL**, every year, at **MedStar Harbor Hospital in Baltimore**, you will receive a complete physical exam including tests of strength, stamina, and mental sharpness. This will help us observe the aging process and identify the secrets of aging well.

Does this describe you or someone you know?



Call 1-855-80 IDEAL (1-855-804-3325) or email IDEAL@westat.com

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www.nia.nih.gov/ideal