

Attachment 6— IDEAL Pre-Visit Confirmation Letter(s) for Physical Screening

When the responsibility for administering the IDEAL screening physicals transitioned from Westat to the NIA, the content of the confirmation letters also required revision to outline the process that would take place at the NIA home location, Medstar Harbor Hospital. Two letters became necessary to account for those travelling in their vehicles rather than those whose travel would be arranged and carried out by Westat staff.

date

address

Dear Ms/Mr.

Thank you for agreeing to screen for the **Insight into Determinants of Exceptional Aging and Longevity (IDEAL) study, part of the** Baltimore Longitudinal Study of Aging's (BLSA) at the National Institute on Aging's Clinical Research Unit. This unit is located at Harbor Hospital, 3001 South Hanover Street, Baltimore, MD, 21225

Your appointment has been scheduled for **2014 at AM**. Please come to the appointment fasting (nothing to eat or drink after midnight the night before your visit). Tap or unflavored bottled water is permitted. During the visit, you will be asked to sign a consent for the Screening Protocol and will undergo a physical examination, EKG (electrical picture of your heart), walking evaluation and laboratory testing to include a blood and urine sample. The visit will take about two hours.

Parking is free at the hospital. Security at the front desk inside the hospital will give you a visitor's badge. Let them know you are visiting the National Institute on Aging (NIA) Research Unit on the fifth floor. When you arrive on the unit, sign in at the front desk. Let the receptionist know you have an appointment for the BLSA screening protocol. The nurse coordinating the study will be notified.

We look forward to meeting with you. If you find you are unable to keep this appointment, please contact me at the phone number provided below. Please feel free to call me to discuss any questions you may have regarding the study.

Best regards,

National Institute on Aging / NIH
3001 South Hanover Street
Baltimore MD, 21225

date

address

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Westat will contact you to set up transportation. Security at the front desk inside the hospital will give you a visitor's badge. Let them know you are visiting the National Institute on Aging (NIA) Research Unit on the fifth floor. When you arrive on the unit, sign in at the front desk. Let the receptionist know you have an appointment for the BLSA screening protocol. The nurse coordinating the study will be notified.

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