

COSMOS Clinic Day Schedule

9:00 AM	Welcome and Consent
9:20AM	Fasting Urine Specimen
9:25AM	Blood Pressure Measure
9:35 AM	Pulse Wave Augmentation & Pulse Wave Velocity
10:05 AM	Fasting Blood Draw
10:15 AM	Height, Weight, Hip & Waist Measurements
10:25 AM	Break for Breakfast/Snack
10:45 AM	Cognitive Test: NIH Toolbox
11:25 AM	Cognitive Test: Modbent
11:50 AM	Physical Function Testing: Balance, Walking, Chair Stands, Hand Strength, TUG
12:05 PM	Cognitive and Sleep Self-Report Forms
12:20 PM	Cognitive Tests: 3MS, CERAD, Clock in Box
12:50 PM	Setup 24HR BP Cuff & Fecal Sample Kit, Both for Home Use and Return
1:20 PM	DXA Scan

*optional measure on another day: Brain MRI