

Join the **ICOPE** community to stay in shape and keep it up for as long as possible!

A simple, quick, and free test to assess my abilities:



Cognition



Mobility



Nutrition



Hearing



Vision



Psychology

Developed by the World Health Organization (WHO), the ICOPE program aims **to help as many people as possible age in good health.**

From the age of 60, you can join the ICOPE program. Using simple tests, it allows you to assess six essential functions: vision, hearing, memory, mobility, nutrition, and mood.

If an abnormality is detected, a more in-depth evaluation is carried out and personalized follow-up is offered.

Cet accompagnement individualisé permet à chacun de **maintenir ses fonctions le plus longtemps possible** est conserver sa qualité de vie !

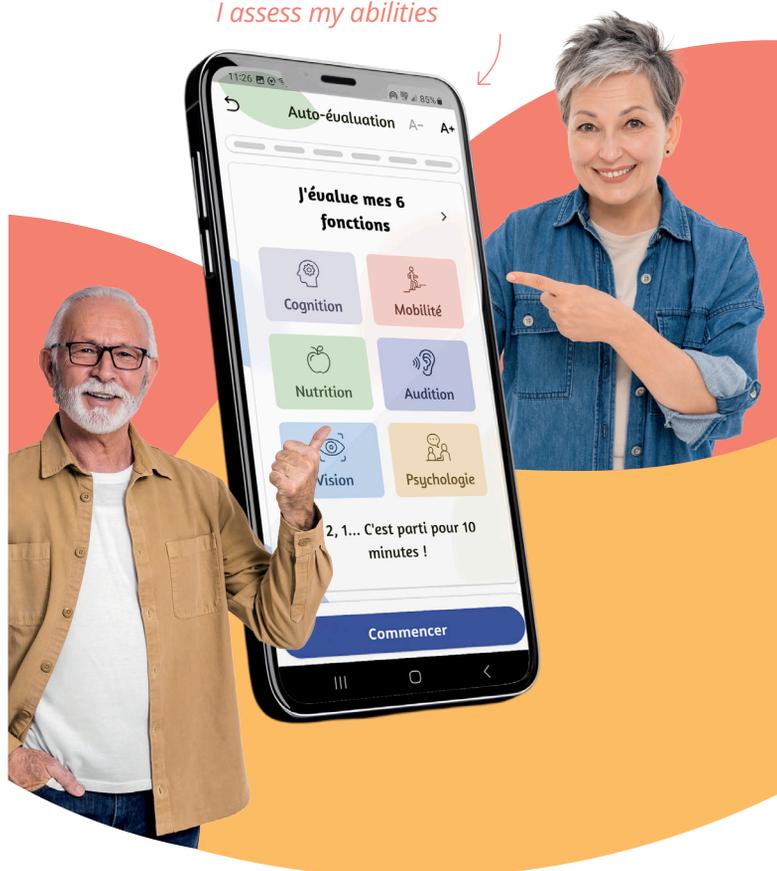
For more information, visit : icope.fr/en or email to icope@chu-toulouse.fr

 *Ma santé avec Icope*

I am 60 and 

I maintain my health with the **ICOPE** program

I assess my abilities



How does it work ?

1 I take a simple 10-minute test

- alone
- with someone close to me
- or with a healthcare professional

On computer

I type in my search bar

www.icopemonitor.com



2 I discuss it with my doctor

He assess my situation and **may offer me more in-depth tests.**

3 I receive personalized advice

Based on my results, a personalized care plan may be offered to me for:

- maintain my hearing,
- stimulate my memory,
- balance my nutrition,
- improve my vision,
- maintain social activity and my mood,
- preserve my mobility.

4 I do my follow-up

Every 6 months to a year, I retake the test to monitor any changes in my condition and maintain my vitality.



Don't wait any longer, take the ICOPe test!