An overall increase in life expectancy shines light on the complexity of human aging where some individuals seem to age at a faster pace than others, a phenomenon health care systems are already battling to identify. Multiple frailty systems are time consuming and often deprioritized. Epigenetic interventions, tailored discharge plans, and referrals to reduce complications, tailored discharge plans, and referrals to reduce frailty. The recognition of sarcopenia as a medical condition in an ED may prompt targeted nutritional interventions, tailored discharge plans, and referrals to reduce disability, admission, and mortality.