



Employers Guide to Cognitive Health in current COVID-19 times

Cognitive decline is a rising concern for people of all ages. What many people don't realize is that many symptoms related to memory, reasoning, language, attention and other thought processes can be caused by **underlying conditions that can be optimally treated or managed.**^{1,2,3,4}

How Covid-19 May Affect Our Workforce

We cannot underestimate the impact COVID-19 may have on our workforce. Social isolation aggravates the following factors known to **affect mental and cognitive health** and that are often associated with cognitive decline.

Anxiety & Depression:

- Fear of sickness, fear of unknown, death & empathy
- Worry about job or finances (unemployment)
- Guilt from feeling unproductive
- No control of current situation

Untreated Underlying Conditions Due to:

- Healthcare system priority
- Limited access due to closures
- Fear of going to pharmacy

Lifestyle:

- Social isolation and loneliness
- Lack of exercise and weight gain
- Poor nutrition and excess snacking
- Excessive use of alcohol, tobacco, or drugs

1. Center for Disease Control and Prevention
2. World Health Organization
3. American Diabetes Association
4. Livingston G, Sommerlad A, Orgeta V et al. Dementia prevention, intervention, and care. Lancet 2017;390:2673-2734.

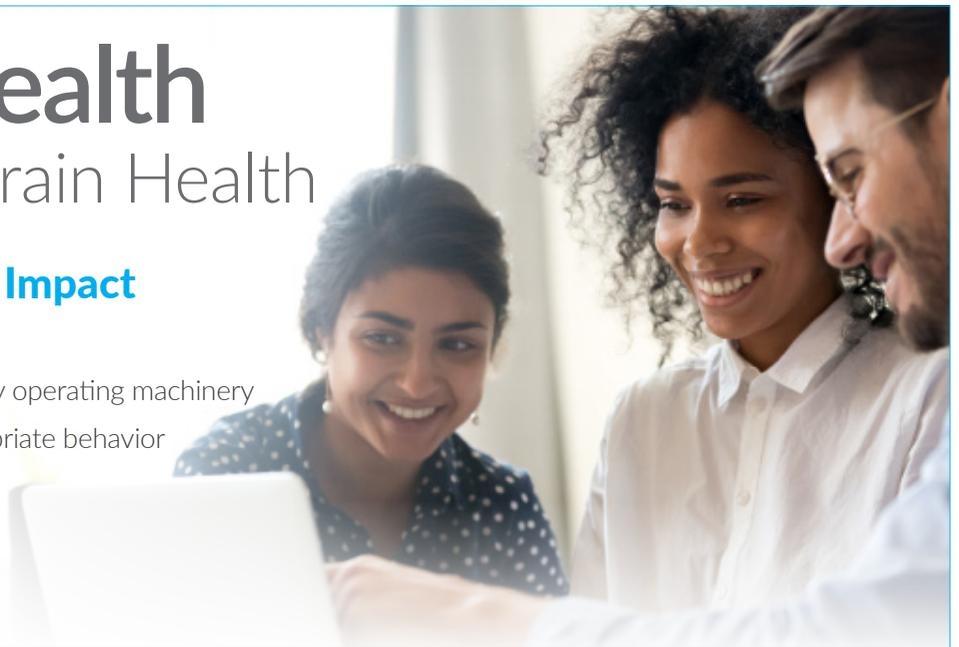


Cognitive Health

is Key to Overall Brain Health

How Cognitive Decline May Impact the Workforce

- Overall loss of productivity
- Difficulty making decisions
- Lack of motivation and attention
- Inability to focus
- Difficulty operating machinery
- Inappropriate behavior



What You Can Do to Help

Engage employees in a Cognitive Health Awareness Campaign including:

Step 1: Begin with a 'kickoff' in the form of a webinar or meeting on Cognitive Health Awareness. Introduce employees to why cognitive health matters in their everyday life and what they can do to maintain their cognition and optimize their brain health.

Step 2: Empower employees to take control of their cognitive health by offering cognitive screenings.

Step 3: Run a Cognitive Health Awareness Education Series with educational webinars or meetings on:

- Why Sleep Is Important for Your Cognitive Health
- How Exercise Improves Your Cognitive Health
- Nutrition and Your Cognitive Health
- Stress and Your Cognitive Health

Step 4: Make sure you inform employees on mental health resources that are available to them through their Employee Assistance Plan, health plan, or other benefit plans.

About Cognivue Thrive™

Cognivue Thrive™ is a computerized test of cognitive function based on FDA-cleared technology. It is a personalized, consistent and reliable way to receive an overall assessment of your cognitive health. Routine testing and monitoring with Cognivue Thrive allows you to establish a baseline score and identify issues early and when it matters.

- Self-administered
- 5-minute test
- Simple 1-page report
- Secure and confidential



thrive
by cognivue

Lead the Way

Contact us today for more information on how you can **incorporate cognitive health awareness into your wellness program.**

Cognivue Thrive is an adjunctive tool for evaluating cognitive function. It is not a stand-alone diagnostic tool.

 **cognivue**

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