






Name: **Firstname Lastname**

Date of Birth: **00/00/0000**

Test Date: **00/00/0000**

Cognitive Areas	Your Ability	How it Impacts You
<b>Memory</b>  <b>92</b>	Good ability to store and use information when needed.	You most likely have no problem remembering events, dates and how to get places. You generally remember conversations, to take your medications, and where you placed your keys, eyeglasses and your phone.
<b>Visuospatial</b>  <b>83</b>	Good ability to process and interpret visual information about yourself and your surroundings.	You most likely have no problems walking around, getting dressed, using your phone, or driving a car.
<b>Executive Function</b>  <b>53</b>	Moderate ability to concentrate and problem solve.	You may be experiencing more difficulty concentrating on tasks and solving problems; you are probably finding it harder to finish tasks. It could be more challenging making appropriate decisions and you could occasionally be demonstrating impulsive behaviors.
Speed Performance Areas	Your Ability	How Reaction Time + Processing Speed Impacts You
<b>Reaction Time</b>  <b>723 ms</b>	Good ability to physically react to situations.	<p>You likely are able to quickly react, in an appropriate and safe manner, to situations as they occur. You most likely are able to stop or change directions to avoid people, bicycles or cars coming toward you. While driving, you are likely able to stop at a crosswalk or when a traffic light suddenly turns red.</p>
<b>Processing Speed</b>  <b>801 ms</b>	Good ability to mentally process a task.	<p>For athletes, you most likely have no difficulty avoiding players by stopping or changing directions. You generally are able to catch the ball and quickly determine what to do with it or where to throw it, based on the game situation.</p>

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**Early Detection is Key**

It starts with tracking your score with annual assessments.

**Take Control of Your Memory and Brain Health**

Getting older doesn't always have to lead to memory loss or dementia. Studies have shown taking proactive steps now, may help reduce your risk of getting dementia. By adopting a combination of key lifestyle habits and overall wellness, you have the power to optimize your cognitive health.



**Control Medical Risks**

**Keeping your body healthy helps keep your brain healthy.**

Taking control of underlying medical conditions will help reduce your risk for memory loss and cognitive decline. Examples of these conditions include diabetes, high blood pressure, high cholesterol, smoking and excessive alcohol consumption. See your physician regularly and follow medical recommendations. Take medications as prescribed and ask your pharmacist if you have any questions about your medications.



**Exercise Regularly**

**Exercising your body can help keep your brain in shape.**

Exercising elevates your heart rate and increases blood flow to your brain which helps reduce the risk of memory loss and cognitive decline. 150 minutes per week of physical activity is recommended, that's just 30 minutes a day, 5 days per week.



**Stay Mentally Fit**

**Exercising your mind can help your brain perform its best.**

Continuously challenging your mind stimulates your brain and helps protect against rapid memory loss. Have fun engaging your brain by reading books, playing games, and doing puzzles. If you are having trouble seeing or figuring out letters, have your eyesight checked by an eyecare healthcare professional.



**Maintain Social Connections**

**Being socially active is brain friendly.**

Spending time with family and friends, talking and laughing together, and being active helps your memory and brain health. Being social also leads to a happier and healthier you. If you are having trouble understanding what people are saying, have your hearing checked by a hearing healthcare professional.



**Sleep & Relax**

**Getting a good night's sleep rests your body and mind.**

Sleeping at least 6-8 hours each night can help your memory and brain health. See your physician if your snoring interrupts your sleep or you don't wake up rested. Listen to your body, rest when needed, and find ways to manage your stress.



**Eat Healthy**

**Eating right feeds a healthy body and mind.**

A well-balanced diet low in fat and high in antioxidants can help reduce your risk of dementia and help maintain your memory. Talk to a nutritionist and your physician to find a diet that is right for you. To understand how vitamins, brain health supplements and other nutritionals may impact your medications and overall health, talk to your pharmacist.

For more information and resource links, visit [cognivue.com/cogniwell](http://cognivue.com/cogniwell)

Disclaimer: Cognivue is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Talk to your health care provider about optimal cognitive health management. Clinical contextualization required.