**Alexa Skill**

[ Our skill is invoked with the phrase “Alexa, test my memory.” Upon user confirmation of activating the skill, they are prompted with the choice to either a word-based or numbers-based exercise. Below is a sample interaction of what the user would say. ]

**User:** “Alexa test my memory”

**Alexa:** “Welcome to Staying Sharp memory test.?”

“Would you like to work with numbers or words?

**User:** “words”

[ The word-based exercise presents the user with a base list of categorized words (e.g., sports, clothing, etc.) to remember, and then reads a smaller list of words. The user must determine which word is common in both lists, and is told to visualize each word as it is being spoken aloud. If the user performs well, the difficulty of the exercise increases by incrementing the length of the words the user must remember. Additionally, the word category switches every three questions asked. For example: ]

**Alexa:** “I will read you a list of words. Remember the words as they are spoken and try and create a visual image of them in your mind.”

Here is a list of 7 words.

[boxing. rowing. ping-pong. karate. squash. basketball. softball.]

Now you'll hear 3 more words. Repeat the word that you recognize from the original list of words.

If you know, just say: the word!

[softball. handball. cricket.]”

**User:** “softball”

**Alexa:** “Great job! Here are 3 more words.

[weightlifting. ping-pong. baseball.]

**User:** “The word is softball”

**Alexa:** “The correct answer was ping-pong. Let’s try with a new category of words...”

[The numbers-based exercise presents the user with a randomly generated 4-digit number, and the user repeats back the number. For each number the user correctly identifies, the next random number is generated with an extra digit. The user is told to group numbers into smaller chunks of 3 or 4 digits, to help practice their working memory.]

**User:** “Work with numbers”

**Alexa:** “I will read you a number that is 4 digits long. Chunk and remember the digits in groups as they are spoken to you. If you know the answer, just say the numbers you heard: ”

**User:** “six zero three four”

**Alexa:** “Great job. . Let's increase the difficulty by adding 1 more digit. I will read you a number that is 5 digits long. Chunk and remember the digits in groups as they are spoken to you. 9. 4. 3. 6. 1.”

**User:** “nine four two six one”

**Alexa:** “The correct answer was: 9. 4. 3. 6. 1. Let's decrease the difficulty by removing 1 digit. I will read you a number that is 4 digits long. Chunk and remember the digits in groups as they are spoken to you. 2. 3. 3. 9...”