

Firstname Lastname

Age/Sex: 70/F ♦ Date of birth: 09/08/1999 ♦ Assessment date: 03/02/2021



Cognitive Test Results

Composite score: **56**



Below Expected

Approaching Expected

Expected

What part of the brain does this measure?

Neurotrack's Cognitive Tests measure various domains of cognitive health. We use a combination of all them to measure the Composite Cognitive Score.

What does the Cognitive Composite Score mean?

The Cognitive Composite Score provides a global and robust picture of the state of cognition.

We establish your Cognitive Composite Score using a clinically validated approach based on each Cognitive Domain Scores over time and how you compare to your age-group peers overall.



Below Expected

0–8th percentile

3

Inhibition

Ability to control thoughts and actions.



Approaching Expected

9–24th percentile

12

Attention

Ability to process information



Expected

25–100th percentile

76

Executive Function

Ability to plan, organize, and get tasks done.

78

Recognition Memory

Ability to remember things experienced before.

89

Processing Speed

Ability to process new information and respond.

78

Associative Memory

Ability to remember the relationship between items.

75

Associative Learning

Ability to learn the link between items or concepts.



Categorized Descriptions

Expected

What does this mean?

This means that your overall performance on the Neurotrack Assessment is between 25-100th percentile and that you scored as well or better than the majority of the people your age who took this same assessment.

Implications

Your brain appears to be healthy in regards to your memory, ability to plan and follow through on day to day activities and tasks.

Recommendation

You can maintain or improve your overall brain health by continuing to make healthy choices in the area of diet, exercise, social activity and stress. If you want to improve in any of these areas, talk to your doctor or a specialist for recommendations and programs.



Approaching Expected

What does this mean?

This means that your overall performance on the Neurotrack Assessment is between 9-24th percentile and that you scored as well or better than a small percentage of people your age who took this same assessment, and not as well as most of the people your age who took this same assessment.

Implications

Your brain may be having difficulty performing and this can show up in trouble with memory, ability to plan and follow through on day to day activities and tasks.

Recommendation

You can work on your overall brain health by evaluating your lifestyle and making improvements in the areas of diet, exercise, social activity and stress. You can take a follow-up Neurotrack assessment in 6 months to track possible changes. You should also talk with your doctor about your brain health and ask for recommendations and supportive programming focused on making healthy lifestyle choices.



Below Expected

What does this mean?

This means that your overall performance on the Neurotrack Assessment is between 0-8th percentile and that you are not performing as well as most of the people your age who took this same assessment.

Implications

Your brain is having some difficulty performing and this affects your memory, ability to plan and follow through on day to day activities and tasks.

Recommendation

You may have questions about what is going on with their brain. You should talk with your doctor or a specialist such as a Neurologist. You can also work on your overall brain health by evaluating their lifestyle and looking for areas to improve especially in the areas of diet, exercise, social activity and stress. You can take a follow-up assessment in 6 months to track possible changes. You should also talk with your doctor about your brain health and ask for recommendations and supportive programming focused on making healthy lifestyle choices.





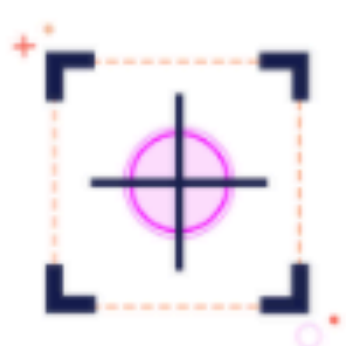
Test Explanations

Assessment



Arrow Match

Primary Domain Assessed



Attention

Real world meaning:

Individuals with lower scores on this test may find themselves missing important details during a conversation, getting easily distracted during an activity or misplacing items like keys often.

A low score on this test may also be related to poor sleep habits, depression and anxiety.




Assessment



Light Reaction

Primary Domain Assessed



Inhibition


Real world meaning:

Individuals with lower scores on this test may struggle with completing more complex tasks such as driving or cooking. Socially inappropriate behavior and lapses in judgement may also be present.

A low score on this test may also indicate issues with apathy and withdrawal.

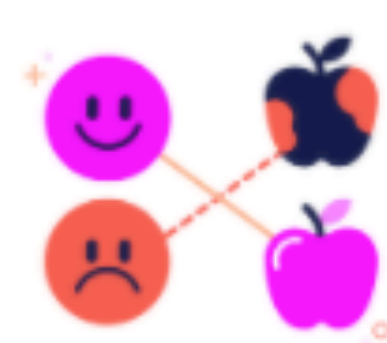


Assessment



Item Price

Primary Domain Assessed



Associative Learning

Real world meaning:

Individuals with lower scores on this test may struggle with remembering what they ate earlier in the week, items needed for an appointment, or may need to set regular reminders due to forgetting to do routine activities.

A low score on this test may be related to other areas such as anxiety, depression, or ability to sustain focus and attention.





Test Explanations

Assessment



Path Points

Primary Domain Assessed



Executive Function

Real world meaning:

Individuals with lower scores on this test may struggle with familiar things such as housework, navigating maps, finding their way in familiar places, or even financial inconsistencies (paying bills).

A low score on this test may also be predictive of future declines in the ability to physically move easily and independently.



Assessment



Symbol Match

Primary Domain Assessed



Processing Speed

Real world meaning:

Individuals with lower scores on this test may struggle with completing tasks in a fixed period of time, following detailed instructions, and tasks that require long periods of time where attention is required, such as reading or completing standard arithmetic.

A low score on this test may also be related to poor sleep, increased anxiety, and mood changes.



Assessment



Image Pairs

Primary Domains Assessed



Associative & Recognition Memory

Real world meaning:

Individuals with lower scores on this test may struggle to recall basic information. Individuals may also experience difficulty finding their way back home after a walk (associative) or identifying which streets they've already passed (recognition).

A low score on this test may also be related to mood issues and anxiety.

