CBS Delicious Sampling

The Reception

Welcome to Cambridge Brain Sciences!

The first step to managing your brain health is to measure it.

"If you're not aware, you can't take care."

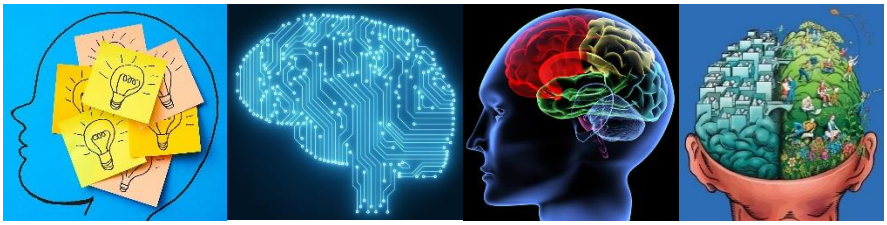
CBS is an online Brain Health Service.

Fun, gamified, engaging, and enjoyable cognitive tasks.

Assessment of core neurocognitive functions in 24 hours.

CBS tasks provide accurate and reliable measures of core elements of cognition.

- Memory
- Reasoning
- Concentration
- Verbal Ability



What's more, each domain has its own brain network behind it. The 12 CBS tasks relate to common everyday activities.

Establish a baseline. **Your comprehensive, yet simple, easy-to-read report, clearly shows where you stand** relative to others in your age and gender groups.

What's Included: Please view the attached documents.

Open a Portal Into Your Potential

Investment

$250 - CDN

An Introduction to the CBS Health Cognitive Assessment

CBS Health is an online brain health assessment service used by leading healthcare practitioners to quantify and objectively assess, monitor, and manage core areas of cognition that are key to your mental health and wellness.

Open a Portal to Your Potential

Brain Fitness International - www.brainfitnessinternational..com

What is CBS Health?

CBS Health is an online brain health assessment service that **accurately measures core elements of your cognitive function, including memory, attention, reasoning and verbal abilities**. Your healthcare practitioner will use these measures to assess, monitor and manage core areas of cognition that are key to your mental health and wellness.

Benefits of CBS Health

Convenient - CBS Health is web-based and flexible. Assessments can be completed on desktop, laptop and tablet devices, no pen and paper or special hardware required

Engaging - CBS Health tasks take only 1.5 - 3 minutes to complete, and are highly engaging, enjoyable and unintimidating. Plus, interactive and repeatable task tutorials will ensure you get up to speed on the task

Actionable - CBS Health allows you to quantify the core elements of cognition and track your cognitive trends over time, validating that treatment or wellness plans are having the desired effects, or allowing you to detect episodic changes to your cognition.

By the Numbers

Tasks used in 300+ peer-reviewed studies of cognition

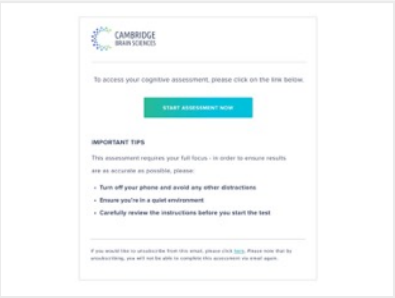
Over 8 million tasks completed globally, and counting

Backed by over 25+ years of scientific research

How It Works

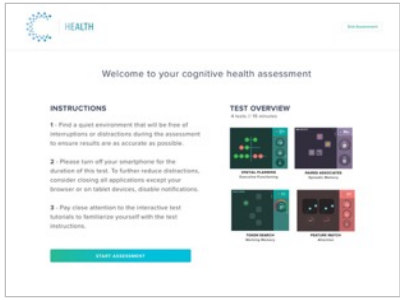
Taking a CBS Health assessment is fast and simple, with no special hardware required. Assessments can be taken on laptops, desktops or tablets and are supported by all modern browsers. See how it works in more detail below.

1



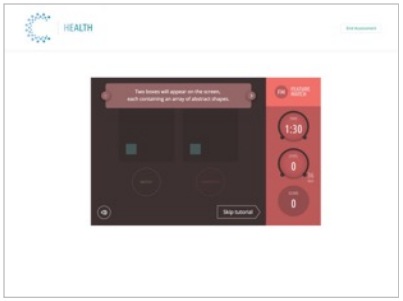
Your healthcare practitioner will send you a link via email, or schedule an in-person appointment to administer the cognitive assessment.

2



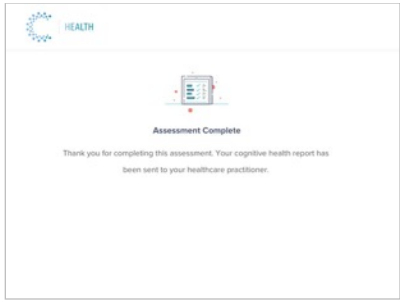
Before you begin, you'll be prompted to review instructions and details regarding steps for taking your cognitive assessment, as well as how long the assessment will take.

3



Upon reviewing the instructions, you'll move on to the interactive tutorial for the first task. You may repeat this tutorial multiple times to ensure you're comfortable with the task instructions.

4



Once you've completed the tutorial, you'll be asked to complete the task. Once the assessment is complete, a report will be generated and sent to your practitioner for review.

Preparing for the CBS Health Assessment

To ensure your assessment results are as accurate as possible, here are several tips to be mindful of before and during the tasks.

Reduce distractions.

Do your best to give your full attention to the tasks. Whether you're at home or at the clinic, ensure that your surroundings are calm and quiet, and put your personal devices on silent mode.

Familiarize yourself with the tasks before starting.

Complete the interactive tutorials to ensure you understand the rules of the task before you begin. If you feel you've missed something in the task instructions, or aren't comfortable proceeding past the task tutorials, you can re-take the task tutorial until you're ready.

Get comfortable.

This is a task for your brain—it shouldn't be hard on your body. Find an environment that is as comfortable as possible, and adjust your chair and screen so you are in the position that feels most natural.

Be consistent from task to task.

Take the tasks in the same environment every time. Do your best to control for external variables, such as time of day and hours slept the night before. Unless your healthcare practitioner recommends specific changes to your daily routine, try to keep things consistent.

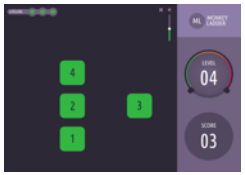
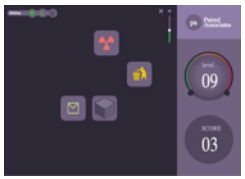
Don't overthink it.

Think of the assessment like having your blood pressure measured - in other words, it's a *measurement* as opposed to a *test*. If you answer a few questions incorrectly during your assessment, that is to be expected. Don't let it discourage you - keep going and try to maintain your focus throughout the duration of the assessment.

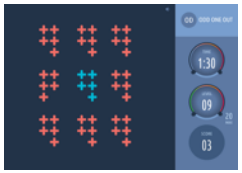
Detailed Overview of the Tasks

CBS Health features a comprehensive selection of cognitive tasks that **accurately measure core elements of cognition, such as memory, attention, reasoning and verbal ability**. The table below highlights each of these tasks in detail. Your CBS Health assessment may be comprised of any number or combination of the tasks outlined below.

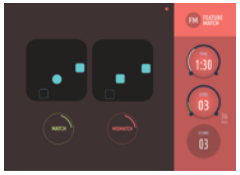
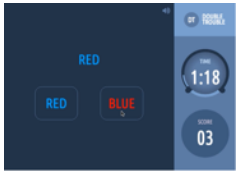
Memory

Task	OUTCOME MEASURE	RELATED EXAMPLE ACTIVITIES
MONKEY LADDER 	**Visuospatial Working Memory**—the ability to temporarily hold information in memory, and manipulate or update it based on changing circumstances or demands.	Planning your day and the errands you need to run, then carrying out those errands in the correct order by memory.
SPATIAL SPAN 	**Spatial Short-Term Memory**—the ability to temporarily store spatial information in memory.	Recalling and then delivering a set of directions to someone for a route you just took.
TOKEN SEARCH 	**Working Memory**—the ability to temporarily hold information in memory, and manipulate or update it based on changing circumstances or demands.	Systematically searching for your car keys that have been left somewhere by your partner.
PAIRED ASSOCIATES 	**Episodic Memory**—the ability to remember and recall specific events, paired with the context in which they occurred, such as identifying when and where an object was encountered.	When storing household items after grocery shopping, later remembering which items you put where.

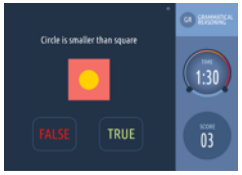
Reasoning

Task	OUTCOME MEASURE	RELATED EXAMPLE ACTIVITIES
ROTATIONS 	**Mental Rotation**—the ability to efficiently manipulate mental representations of objects in order to make valid conclusions about what objects are and where they belong.	Navigating using a map on your phone that keeps rotating every time you turn, or finding the route to a room inside a building even though you came in through a different door.
POLYGONS 	**Visuospatial Processing**—the ability to effectively process and interpret visual information, such as complex visual stimuli and relationships between objects.	Performing actions that require precise assessment and reasoning about objects, such as drawing, constructing models, aligning decorations on a wall, or designing a web page.
ODD ONE OUT 	**Deductive Reasoning**—the ability to apply rules to information in order to arrive at a logical conclusion.	Determine that something is true because of a set of facts. For instance, when doing your taxes, you may determine that you qualify for a tax rebate based on certain rules set out by your country.
SPATIAL PLANNING 	**Planning**—the ability to act with forethought and sequence behaviour in an orderly fashion to reach specific goals, which is a fundamental property of intelligent behavior.	Packing items into your car's trunk so that they all fit, or assembling a piece of furniture.

Attention

Task	OUTCOME MEASURE	RELATED EXAMPLE ACTIVITIES
FEATURE MATCH 	**Attention**—the ability to draw upon mental concentration and focus in order to monitor for a specific stimulus or difference.	Identifying similarities and differences when comparing two things, such as deciding which of many great photos of your friends to share from an evening out.
DOUBLE TROUBLE 	**Response Inhibition**—the ability to concentrate on relevant information in order to make a correct response despite interference or distracting information.	Blocking out background conversations when you're trying to focus on something, or ignoring buzz words when viewing a television ad ("Fresh! Simple! Revolutionary!"), while focusing your attention on more important factors, like price or quality of the item being sold.

Verbal Ability

Task	OUTCOME MEASURE	RELATED EXAMPLE ACTIVITIES
GRAMMATICAL REASONING 	**Verbal Reasoning**—the ability to quickly understand and make valid conclusions about concepts expressed in words.	Understanding everyday speech that may contain negative statements - for instance, "I didn't know that he wasn't going to show up".
DIGIT SPAN 	**Verbal Short-Term Memory**—the ability to temporarily store information in memory.	Remembering a telephone number as you're entering it into your phone.

Frequently Asked Questions

I feel like I did not do well on my assessment - should I be concerned?

You should not be concerned if you feel you did not do your best - there is no such thing as “best” for this type of assessment. The tasks are designed to be challenging and to assess your limits by getting increasingly difficult as you answer questions correctly. Please be aware that this is only a *snapshot* of your cognition at the moment you are completing the assessment and that cognitive performance tends to fluctuate naturally from day to day depending on many factors (like your sleep quality, stress level, nutrition, exercise regiments, etc.).

I could not complete my assessment due to an interruption or technical issue - what should I do?

If you’re interrupted or experience a technical issue during the assessment, contact your healthcare practitioner and describe the situation, as well as the task you were on, so that results for that specific task can be interpreted appropriately. If you experience a technical issue that prevents you from accessing the assessment, let your practitioner know the operating system and browser you are using.

How long does the assessment take?

Assessments can vary in length depending on the number of tasks your practitioner has chosen. A four-task assessment will take roughly 15 minutes, while a full 12-task assessment may take approximately 40 minutes. You can view the approximate length of the assessment on the first page of your assessment.

How will my practitioner use the results?

CBS Health is used in a variety of different ways, ranging from annual monitoring of your cognition to evaluating recovery from injury to validating treatment plans or interventions designed to improve your brain health. We encourage you to speak with your healthcare practitioner to learn more.

What does a CBS Health report look like?

You can view a sample report attached below this document. Reports will indicate raw scores and percentile ranks compared to others of the same age and gender, as well as tracking your results over time (if you’ve taken assessments previously).

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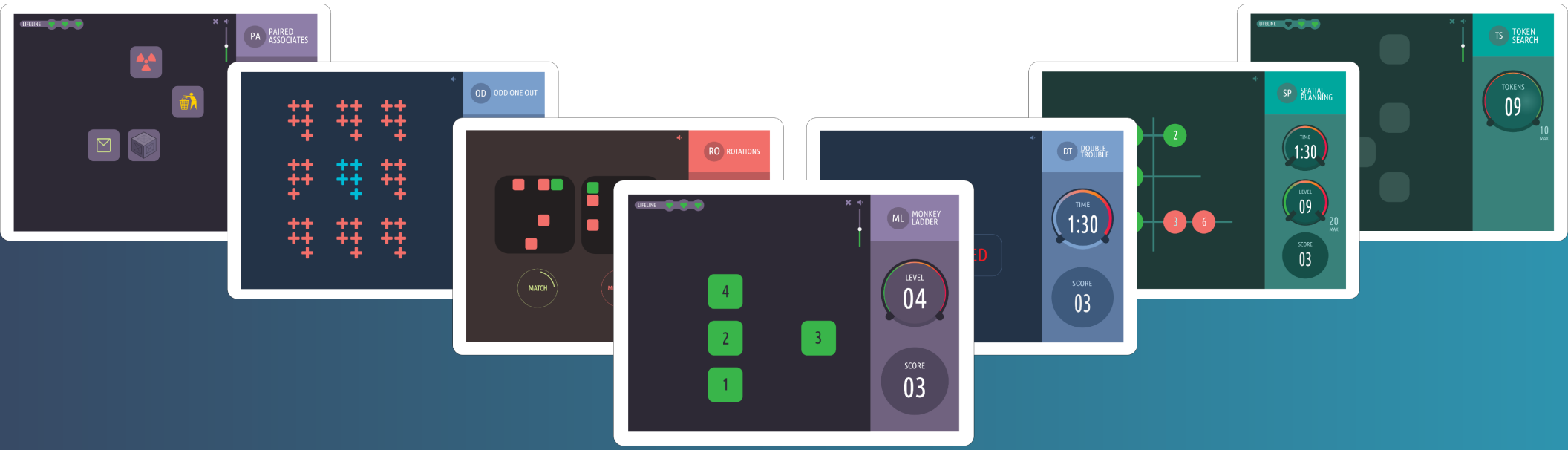
Task Descriptions

Understand what the tasks measure and
how they relate to common everyday activities.



CAMBRIDGE
BRAIN SCIENCES

A leading provider of simple and powerful online cognitive assessment solutions built for healthcare clinics and their patients.

Open a Portal to Your Potential
Brain Fitness International - www.brainfitnessinternational.com

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The Cambridge Brain Sciences tasks accurately measure core aspects of cognition that are key to an individual's quality of life, such as short-term memory, reasoning, concentration and verbal ability. The tables below indicate how each of the 12 Cambridge Brain Sciences tasks relate to common everyday activities.

MEMORY			
Task	**Definition**	**Adult Example Activities**	**Youth Example Activities**
Monkey Ladder (Visuospatial Working Memory)	The ability to temporarily hold information in memory, and manipulate or update it based on changing circumstances or demands. This task involves reproducing a set of relationships between objects in space.	• Following step-by-step instructions to carry out a task in a few different locations. • Viewing a route on a map, then following the route from memory. • Understanding positioning in sports, and carrying out pre-planned plays. • Viewing a document, then carrying out the written instructions.	• Following step-by-step instructions, like doing a list of chores at different locations. • Understanding positioning in sports, and carrying out pre-planned plays. • Drawing something after seeing step-by-step directions on how to draw it.
Spatial Span (Spatial Short-Term Memory)	The cognitive system that allows for temporary storage of spatial information in memory. Spatial short-term memory deals with the relationships between objects in space, as opposed to remembering the specific order of numbers or words involved in verbal short-term memory.	• Watching somebody perform a task step-by-step, then doing the same task yourself, such as in sports or gym classes. • Navigating after getting directions from somebody pointing on a map. • Implementing a strategy you have in memory, like an opening move in chess. • Remembering positions of cars on the road while you make a difficult driving maneuver. • Drawing or building something you saw being created, like when following a Youtube tutorial.	• Watching somebody perform a task step-by-step, then doing the same task, such as in sports or dancing. • Being able to navigate after someone points out directions on a map. • Noticing and remembering the positions of obstacles when riding a bicycle. • Playing games in which you have to remember where you planned to move pieces—like chess or strategic video games. • Drawing or building something you saw being created earlier.
Token Search (Working Memory)	Working memory is the ability to temporarily hold information in memory, and manipulate or update it based on changing circumstances or demands. This task involves self-directed searching, so there is a strategy component as well.	• Systematically searching for a lost item in your home. • Solving a mystery by remembering a set of clues, then rearranging them in your mind to tell a story and form a theory. • Finding the most efficient way to complete a to-do list of tasks around your home before leaving in the morning. • Efficiently navigating shifting priorities at work. • Being an attentive listener by picking up on information you didn't already know, and piecing together a person's life story.	• Following the plot of a story by remembering what each character is planning to do. • Being asked to find shoes in the morning, and checking all the usual places they could be found. • Effectively prioritizing a list of homework tasks. • Learning to be an attentive listener by remembering important details about a person like their name and how old they are, and listening for new details that you didn't know before.
Paired Associates (Episodic Memory)	The ability to remember and recall specific events, paired with the context in which they occurred, such as identifying when and where an object was encountered.	• Remembering which cupboard you put your groceries in. • Learning what each button does in a new app or device. • Remembering who you talked to yesterday, and at what time. • Following safety procedures by pairing a potentially dangerous situation with warning signs or steps needed to stay safe. • Learning a new language by pairing a word with its meaning.	• Remembering which toys or clothing go in which storage area. • Telling a parent who you talked to, what you ate, where you went yesterday, and at what time. • Learning new vocabulary, or a new language, by pairing a word with its meaning. • Following safety precautions by knowing which actions to take in which situations. • Learning all the buttons and symbols on a new computer, tablet, or app.

REASONING

Task	Definition	Adult Example Activities	Youth Example Activities
Rotations (Mental Rotation)	A function of visual representation in the brain, mental rotation is the ability to efficiently manipulate mental representations of objects in order to make valid conclusions about what objects are and where they belong.	• Navigating using a map, and knowing which direction you are facing. • Planning a new layout for a room. • Finding your way around a city using landmarks. • Creating or assembling—like when building a deck, or putting together furniture based on a diagram.	• Not getting lost or turned around when coming into a familiar building through a different door than usual. • Easily learning to use games or toys that involve building, such as recreating your house with blocks. • Navigating using a map on your phone, or the mini-map in a video game.
Polygons (Visuospatial Processing)	The ability to effectively process and interpret visual information, such as complex visual stimuli and relationships between objects.	• Creating art, or drawing diagrams. • Repairing household items by spotting what is wrong with them and applying the right fix. • Identifying a mistake in a document at work. • Doing graphic design work or creating a web site. • Interpreting subtle facial expressions to know how someone is reacting to what you are saying.	• Creating a science fair project display, or other arts and crafts. • Learning handwriting, how much space to leave between words, and the correct size of letters relative to the page. • Interpreting subtle facial expressions to know how someone is reacting to what you are saying.
Odd One Out (Deductive Reasoning)	The core cognitive ability to apply rules to information in order to arrive at a logical conclusion.	• Evaluating a complex argument and deciding if you agree. • Applying government rules to your finances to properly do your taxes. • Noticing the details of a story and making inferences beyond what is directly stated—such as a character's emotions, or the story's message. • Creating effective arguments for a position in a debate or essay. • Doing coding or using complex software. • Solving everyday math problems, such as splitting the bill at a restaurant.	• Solving math problems in school. • Noticing the details of a story and making inferences beyond what is directly shown—such as a character's emotions, or the story's message. • Learning about non-verbal social cues expected in a situation, such as when eye contact is expected and when to give people space. • Creating effective arguments for a debate or essay. • Becoming good at computer programming or a complicated app.
Spatial Planning (Planning)	A fundamental property of intelligent behavior, planning is the ability to act with forethought and sequence behaviour in an orderly fashion to reach specific goals.	• Deciding the order of items to pack in a trunk or moving van. • Organizing your schedule to effectively balance work, chores, and social life. • Planning where to put your hands and feet when rock climbing. • Building or assembling furniture without any instructions. • Planning an itinerary for an upcoming trip	• Independently organizing and prioritizing homework, chores, and fun activities. • Tidying up your desk or locker at school so you can fit everything you need inside. • Organizing pictures and text blocks on a poster to clearly communicate your conclusions. • Getting through a room crowded with people and objects without bumping into anything. • Planning where to put your hands and feet when going through an obstacle course or rock climbing.

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CONCENTRATION

Task	Definition	Adult Example Activities	Youth Example Activities
Feature Match (Attention)	A measure of attention—the ability to focus on relevant details or differences.	• Staying focused on a task when it counts, such as when driving. • Identifying similarities and differences when comparing two things, such as two similar brands of a household product. • Noticing small interpersonal details, like a partner's haircut, or subtle facial expressions indicating that somebody is upset or bored. • Having good fashion sense by comparing outfits and choosing the one with the right look for the occasion.	• Keeping attention on the teacher at school, or on a homework task, for a long time. • Noticing when someone is getting mad or sad, and changing what you say to make them more comfortable. • Noticing the differences between options on a multiple-choice test so you can choose the correct one. • Differentiating between similar-sounding words to write down the one you want. • Checking over a worksheet to make sure you haven't missed any questions.
Double Trouble (Response Inhibition)	A measure of response inhibition—the ability to concentrate on relevant information in order to make a correct response despite interference.	• Keeping your eyes on the road when driving, despite passing distracting signs or people. • Blocking out background conversations when you're on the phone. • Inhibiting your emotional gut reaction to a social media post to formulate a more rational response. • Ignoring attention-grabbing buzzwords on product packaging to focus on relevant information.	• Ignoring a noisy classmate so you can concentrate on your work. • Completing your chores even though you keep thinking about doing something more fun. • Keeping a thought to yourself that shouldn't be spoken out loud, or putting up your hand instead of blurting out an answer. • Figuring out if a story somebody is telling you is serious or if they are only joking. • Having an age-appropriate response to being upset by keeping emotional responses to yourself, or walking away.

VERBAL ABILITY

Task	Definition	Adult Example Activities	Youth Example Activities
Digit Span (Verbal short-term memory)	A measure of attention—the ability to focus on relevant details or differences.	• Understanding long sentences by remembering the beginning of the sentence by the time you get to the end. • Writing down a phone number or entering credit card information. • Taking notes during a meeting. • Remembering all the points you wanted to bring up on a phone call.	• Taking notes and keeping up in class. • Easily learning new words by listening to and remembering all the sounds in the word. • Doing math, which requires holding numbers in memory while working on them. • Following multi-step spoken or written directions. • Understanding long sentences by remembering the beginning of the sentence by the time you get to the end.
Grammatical Reasoning (Verbal Reasoning)	A measure of verbal reasoning—the ability to quickly understand and make valid conclusions about concepts expressed in words.	• Understanding complex everyday speech—e.g., "I didn't know that he wasn't going to show up." • Giving clear verbal or written instructions to people who report to you at work. • Reading a contract and understanding what you are agreeing to. • Texting a clear description of an item to your partner so they can pick it up from the grocery store.	• Understanding what two adults are talking about, even when they use complicated language. • Interpreting what people are saying to you, and thinking about what the speaker actually meant, without jumping to incorrect conclusions. • Enjoying movies or shows with more dialogue, and less visual action.

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Cognitive Assessment Report

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Assessment Details

ID:	patien01	Tasks Completed:	12
Gender:	Male	Completion Date:	04/16/2020 15:26
Date of Birth:	01/01/1990	Comparative Group:	Males, 25-34

Performance Summary

Below Average | 87 | Average | 113 | Above Average

Monkey Ladder Visuospatial Working Memory	85
Spatial Span Spatial Short-Term Memory	96
Token Search Working Memory	85
Paired Associates Episodic Memory	90
Rotations Mental Rotation	105
Polygons Visuospatial Processing	90
Odd One Out Deductive Reasoning	95
Spatial Planning Planning	120
Grammatical Reasoning Verbal Reasoning	87
Digit Span Verbal Short-Term Memory	93
Feature Match Attention	89
Double Trouble Response Inhibition	78

Cognitive Assessment Report

Powered By CAMBRIDGE BRAIN SCIENCES

Monkey Ladder

A measure of visuospatial working memory — the ability to remember information about objects in space, and update memory based on changing circumstances.

BELOW AVERAGE

85 | 16 Percentile

Result is within the BELOW AVERAGE **range.** Common everyday activities associated with visuospatial working memory include:

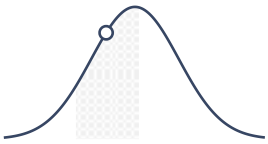
- Following step-by-step instructions to carry out a task in a few different locations.
- Viewing a route on a map, then following the route from memory.
- Understanding positioning in sports, and carrying out pre-planned plays.
- Viewing a document, then carrying out the written instructions.

Spatial Span

Measures spatial short-term memory, involved in tasks where nonverbal information needs to be stored and recalled.

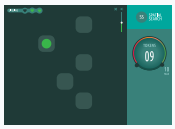
AVERAGE

96 | 39 Percentile



Result is within the AVERAGE **range.** Common everyday activities associated with spatial short-term memory include:

- Watching somebody perform a task step-by-step, then doing the same task yourself, such as in sports or gym classes.
- Navigating after getting directions from somebody pointing on a map.
- Implementing a strategy you have in memory, like an opening move in chess.
- Remembering positions of cars on the road while you make a difficult driving maneuver.



Token Search

Measures working memory — the ability to temporarily hold information in mind and manipulate or update it based on changing circumstances or demands.

BELOW AVERAGE

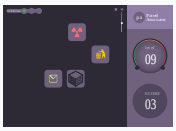
85 | 17 Percentile

Result is within the BELOW AVERAGE **range.** Common everyday activities associated with working memory include:

- Systematically searching for a lost item in your home.
- Solving a mystery by remembering a set of clues, then rearranging them in your mind to tell a story and form a theory.
- Finding the most efficient way to complete a to-do list of tasks around your home before leaving in the morning.
- Efficiently navigating shifting priorities at work.

Cognitive Assessment Report

Powered By CAMBRIDGE BRAIN SCIENCES

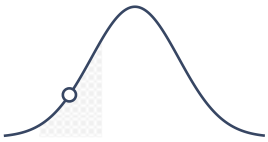


Paired Associates

A measure of episodic memory — the ability to remember specific events, paired with the context in which they occurred.

AVERAGE

90 | 25 Percentile



Result is within the AVERAGE **range.** Common everyday activities associated with episodic memory include:

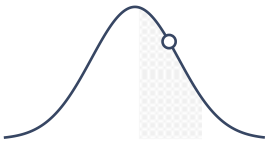
- Remembering which cupboard you put your groceries in.
- Learning what each button does in a new app or device.
- Remembering who you talked to yesterday, and at what time.
- Following safety procedures by pairing a potentially dangerous situation with warning signs or steps needed to stay safe.

Rotations

Measures the ability to mentally rotate visual representations of objects, required to reason about what objects are, where they are, and where they belong.

AVERAGE

105 | 63 Percentile



Result is within the AVERAGE **range.** Common everyday activities associated with mental rotation include:

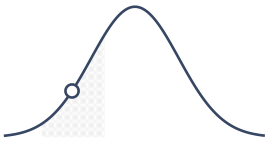
- Navigating using a map, and knowing which direction you are facing.
- Planning a new layout for a room.
- Finding your way around a city using landmarks.
- Creating or assembling—like when building a deck, or putting together furniture based on a diagram.

Polygons

A measure of visuospatial processing — the ability to effectively process and interpret visual information.

AVERAGE

90 | 26 Percentile



Result is within the AVERAGE **range.** Common everyday activities associated with visuospatial processing include:

- Creating art, or drawing diagrams.
- Repairing household items by spotting what is wrong with them and applying the right fix.
- Identifying a mistake in a document at work.
- Doing graphic design work or creating a web site.

Cognitive Assessment Report

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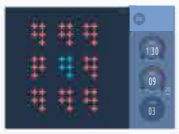


Odd One Out

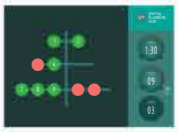
Measures deductive reasoning — the ability to effectively apply rules to information and arrive at logical conclusions.

AVERAGE

95 | 37 Percentile

Result is within the AVERAGE **range.** Common everyday activities associated with deductive reasoning include:

- Evaluating a complex argument and deciding if you agree.
- Applying government rules to your finances to properly do your taxes.
- Noticing the details of a story and making inferences beyond what is directly stated—such as a character's emotions, or the story's message.
- Creating effective arguments for a position in a debate or essay.



Spatial Planning

A measure of planning — the ability to act with forethought and prepare a sequence of steps to reach a goal.

ABOVE AVERAGE

120 | 91 Percentile

Result is within the ABOVE AVERAGE **range.** Common everyday activities associated with planning include:

- Deciding the order of items to pack in a trunk or moving van.
- Organizing your schedule to effectively balance work, chores, and social life.
- Planning where to put your hands and feet when rock climbing.
- Building or assembling furniture without any instructions.

Grammatical Reasoning

Measures verbal reasoning, which is the ability to quickly understand and make valid conclusions about concepts expressed in words.

AVERAGE

87 | 18 Percentile

Result is within the AVERAGE **range.** Common everyday activities associated with verbal reasoning include:

- Understanding complex everyday speech—e.g., "I didn't know that he wasn't going to show up."
- Giving clear verbal or written instructions to people who report to you at work.
- Reading a contract and understanding what you are agreeing to.
- Texting a clear description of an item to your partner so they can pick it up from the grocery store.

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Digit Span

Measures verbal short-term memory capacity, which is needed to hold information in mind and verbally rehearse it until it is needed.

AVERAGE

93 | 32 Percentile

Result is within the AVERAGE **range.** Common everyday activities associated with verbal short-term memory include:

- Understanding long sentences by remembering the beginning of the sentence by the time you get to the end.
- Writing down a phone number or entering credit card information.
- Taking notes during a meeting.
- Remembering all the points you wanted to bring up on a phone call.

Feature Match

A measure of attention — the ability to focus on relevant details or differences.

AVERAGE

89 | 23 Percentile

Result is within the AVERAGE **range.** Common everyday activities associated with attention include:

- Staying focused on a task when it counts, such as when driving.
- Identifying similarities and differences when comparing two things, such as two similar brands of a household product.
- Noticing small interpersonal details, like a partner's haircut, or subtle facial expressions indicating that somebody is upset or bored.

Double Trouble

A measure of response inhibition — the ability to concentrate on relevant information in order to make a correct response despite interference.

BELOW AVERAGE

78 | 7 Percentile

Result is within the BELOW AVERAGE **range.** Common everyday activities associated with response inhibition include:

- Keeping your eyes on the road when driving, despite passing distracting signs or people.
- Blocking out background conversations when you're on the phone.
- Inhibiting your emotional gut reaction to a social media post to formulate a more rational response.