

## Objectively Measure Your Cognitive Function

Mental health and mood disorders are **intrinsically linked** to core aspects of cognitive function key to quality of life—understand how these disorders affect your cognition by completing a cognitive assessment.

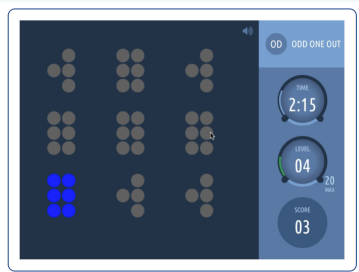
### Take action



- ✓ Gain a comprehensive understanding of your brain health, which will be used by healthcare professionals to individualize treatment or wellness plans according to your needs
- ✓ Re-assess your cognition throughout treatment to objectively measure improvements, giving you confidence that interventions are having the desired affects
- ✓ Continue monitoring post-treatment to ensure you're maintaining a level of cognitive function that enables you to live your best life

### How does it work?

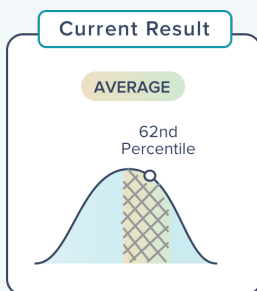
Using a tablet, desktop or laptop computer, you'll take a series of quick, fun, and engaging tasks that have been validated to measure your memory, concentration, reasoning and verbal abilities—all core areas of cognition that may be affected by a mental health condition.



Can you spot the “Odd One Out”? This task measures your deductive reasoning ability. Common, everyday situations that require deductive reasoning include:

- Following a set of rules during tax-time and determining you qualify for a rebate
- Coming to conclusions about what's safe for you to eat given a set of dietary restrictions
- Choosing the best hotel to stay at according to the criteria that matter to you most

### How will results be used?



Results for each task you complete will indicate where you stand relative to others in your age group. Over time, and as you progress through treatment, you'll begin to see performance trends so that you can objectively evaluate how treatment is affecting you. Your healthcare professional will use this information during intake to ensure they target the right areas during treatment, and then re-assess periodically to measure progress.

**Speak to us about how you can start measuring your cognitive function today**