Welcome to the BrainHQ Cognitive Check-In!
Quickstart Guide for Clients

A Cognitive Check-In is a brief, science-based way to help you check in on your brain health and monitor changes over time. Just as regular blood pressure checks help track heart health, regular Cognitive Check-Ins can help support brain health.

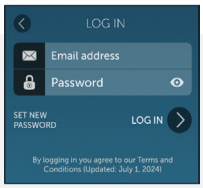
What to Expect

- Your Cognitive Check-In may include one (or more) tasks.
- Each task measures a different aspect of brain health.
- Tasks adapt to you. Everyone gets some answers right and some wrong.
- Each task takes around 3 minutes. Your full Cognitive Check-In may take longer.

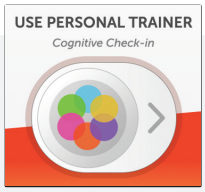
Before You Begin

- BrainHQ login (email + password)
- Computer, tablet, or phone
- Comfortable, quiet place with minimal distraction

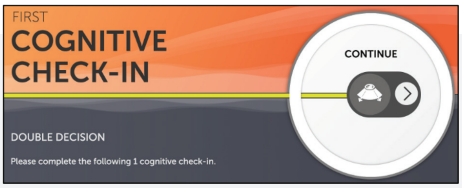




Step 1: Log In
Use the email and password provided by your administrator



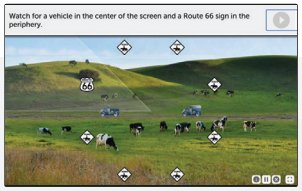
Step 2: Start Your Cognitive Check-In
Click the colored wheel



Step 3: Review Instructions
Read instructions and complete practice trials



Step 4: Begin
Press START when ready



Step 5: Finish
Individual Check-Ins end automatically when enough data is collected



Step 6: Continue
Complete remaining Check-Ins



Step 7: *Done*
Click Exit to complete your Cognitive Check-In

After you are done, most likely on a different day, you'll meet with your administrator, who will explain the check-in results and work with you to develop a brain health plan that's right for you.