

## NeuroTrax Education

### **What is NeuroTrax testing?**

At its core, NeuroTrax is about measuring and promoting brain fitness. In order to measure each patient's brain wellness, NeuroTrax applies a battery of tests, which map patient capabilities and results across seven cognitive areas.

- Memory
- Executive Function (Thinking)
- Attention
- Visual Spatial
- Verbal Function
- Problem Solving
- Working memory

### **What is the client's experience like?**

NeuroTrax testing is very user-friendly and requires little orientation. Although the testing is performed on a computer, it does not require the patient to know how to use one. Testing times typically range from 45-60 minutes, depending on the patient's age.

### **How do I prepare for NeuroTrax testing?**

There is no way to study for this test. To optimize your performance, there are a few things you should do before the test.

- Get a good night's sleep.
- Eat a good breakfast.
- Take all medications as usual
- Relax and don't worry about the results.
- If you wear glasses make sure to bring them with you

### **How exactly does NeuroTrax measure brain wellness?**

NeuroTrax assesses the client's brain wellness by measuring the patient's performance on a series of interactive tests – measuring both accuracy and response time. Test results are compared to performance data from that of a "normative" peer group (i.e., age and education appropriate). The result is a profile of cognitive areas that are 'strong' and those that are relatively 'weak'. This can serve as the patient's baseline. The relatively weak areas are the ones that should be targets for exercises that can be done at home. The test can be repeated but no sooner than 6 months from the last test date. Repeat performance results can be compared to the prior results to track trends.