# Welcome to Brain Gauge!
Instructions for putting brain health in your own hands

The Brain Gauge was designed for neurofunctional testing and training and is used to promote brain health. It is the result of combining decades of neuroscientific research with state-of-the-art engineering. There is quite a bit of information on the Brain Gauge (including 140+ publications) and this can all be found on the website www.corticalmetrics.com. Instructions for getting started are below.

Note that the following instructions are based on getting your Brain Gauge from your health care provider:

1. Download the Brain Gauge App from www.corticalmetrics.com
2. Run the Brain Gauge App. The App symbol looks like this
3. On the login page, plug your Brain Gauge into your laptop or computer.
4. A box will pop up asking for your Brain Gauge ID. This is the identifier that your health care provider has given you.
5. The software will open to a page showing gender, birth year and handedness. This is your Home page. Click Ok to advance to the Options page:

Brain Gauge ID
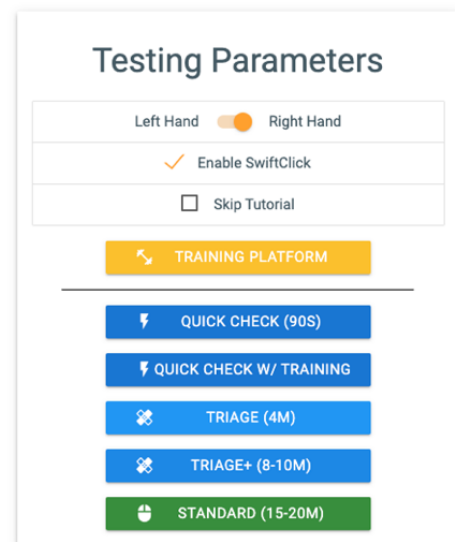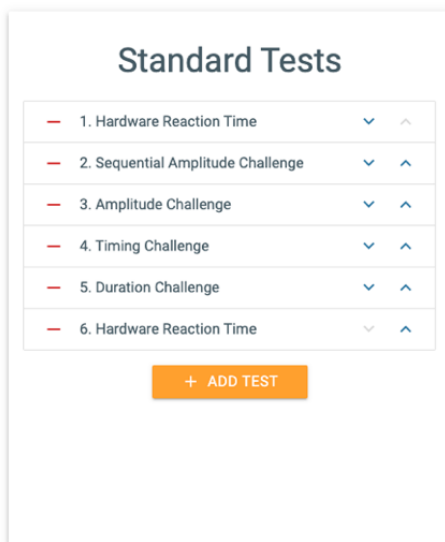
6. The first time you test, you'll probably want to start with the standard testing session (green button labeled "STANDARD"). This session takes about 15-20 minutes and will run through the six tests listed on the left side of the screen. This is a good introduction to Brain Gauge testing that will give you a baseline to track your progress. After the last test, a message will appear letting you know that you're done. The results are saved and you can access them from the Results page.

7. You can navigate to the Results page from the Options page. Click on the orange PRO icon and select "Analyze Results". If you have tested only once, your results might look like the picture below. The results from the Standard test are displayed in the bar chart on the bottom left and each score is scaled to normative values.
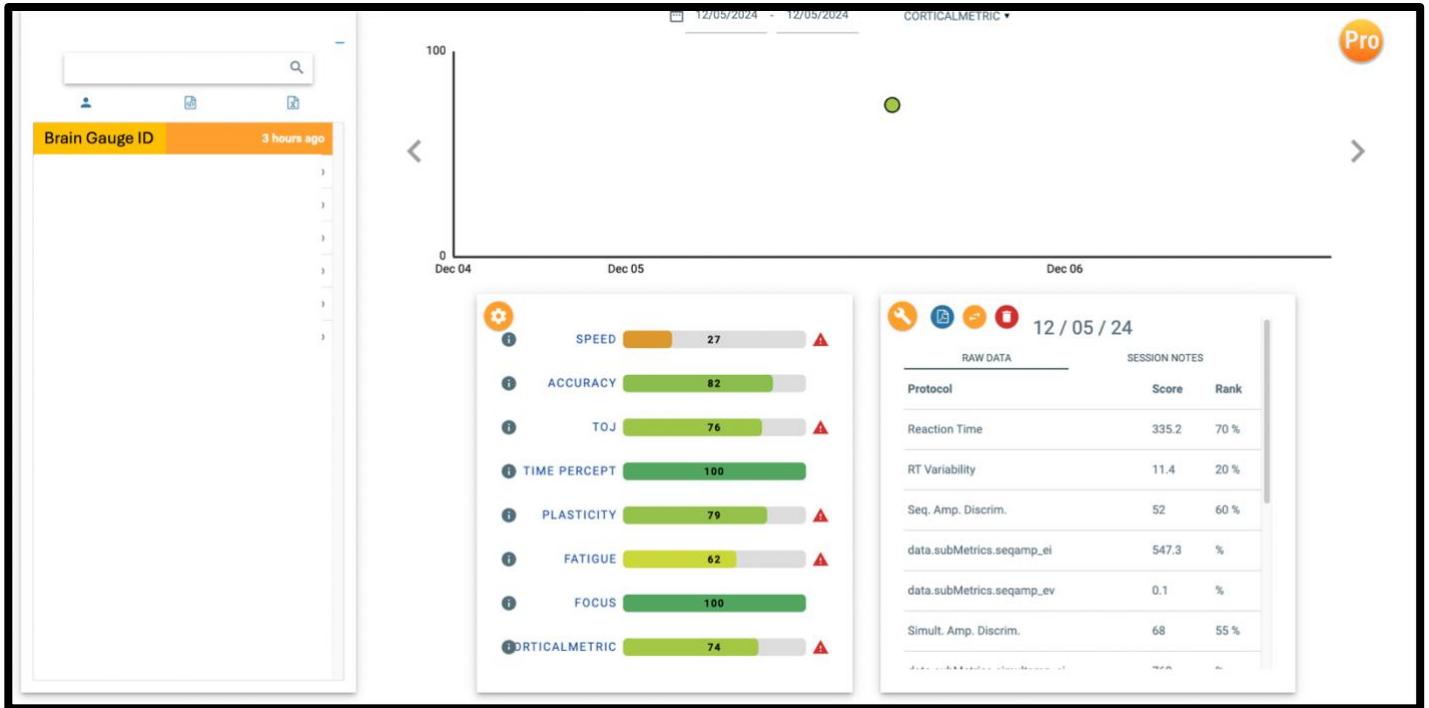
Note that there are information icons to the left of each metric label. For example, if you were to click on the info icon next to Accuracy, information about the Accuracy metric will pop up with a short definition about Accuracy as well as links to longer descriptions in text and video formats.


8. One goal for you as an individual is to track your Brain Health and see how well different treatments, supplements, lifestyle changes and/or training regimens impact your ability to perform on the Brain Gauge tests. Tracking can be done with both the Standard and the Quick Check (90 seconds of testing). We recommend that you do the Quick Check test frequently and the standard test every few weeks. After several sessions, your results might look like this:
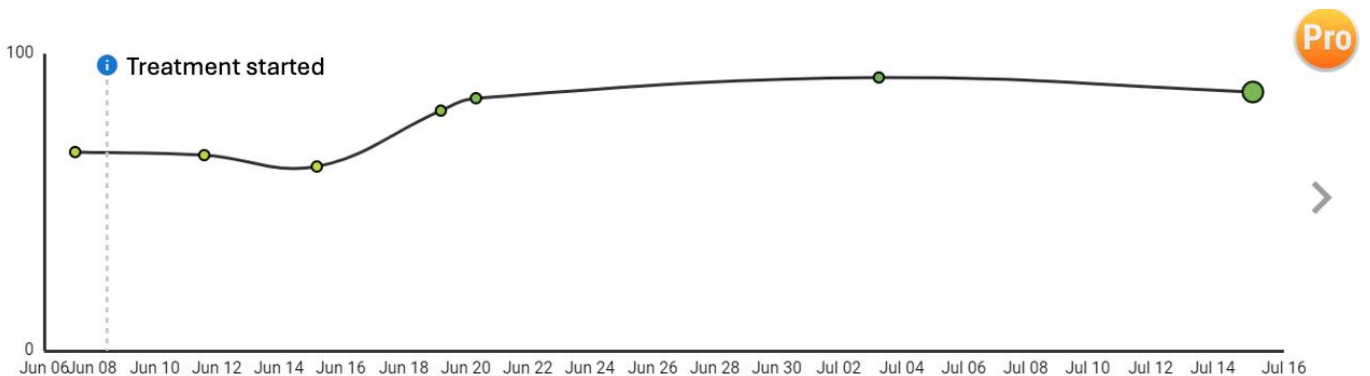
9. The Brain Gauge **Quick Check** is a 90 second test that is sensitive to most neurological insults, disorders and/or improvements. To do this test, select "Quick Check" on the Options page.

10. **Brain Training** with the Brain Gauge can improve brain fitness, strengthen connectivity and improve cognitive reserve. Select "Training Platform" on the Options page to go to the brain training platform. Learn more about brain training and using the Brain Gauge gym here: https://downloads.corticalmetrics.com/factsheets/trainingplatform.pdf

Each time you do a brain training session, a vertical tick mark will appear on your results page. This is what it might look like:
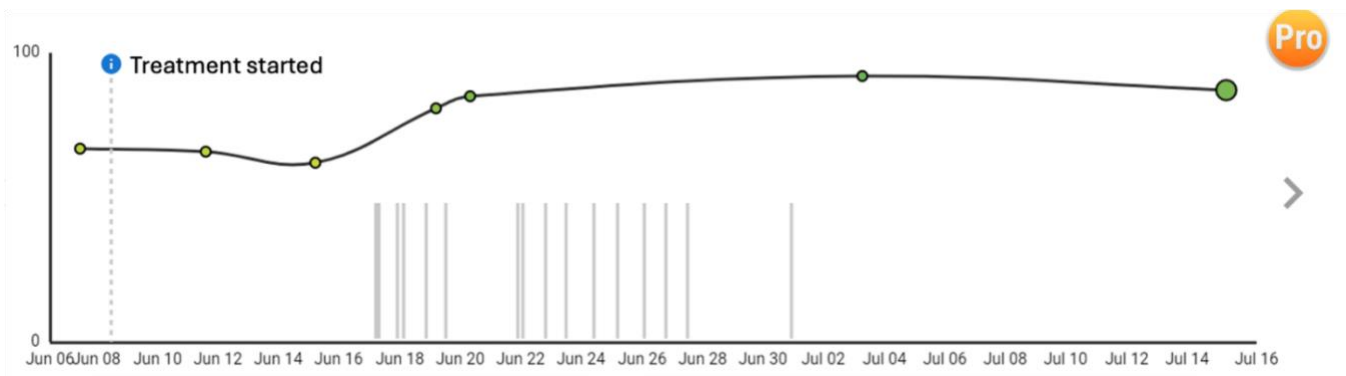
Brain training has an impact on connectivity, cognitive reserve and reaction time. It has been observed to complement treatments. Use the tick marks to keep track of how often you train and the test scores to show how well you respond to treatments, training, and other lifestyle changes.

More information:

Website: www.corticalmetrics.com

For technical support, contact support@corticalmetrics.com

Informational videos on the Brain Gauge You Tube Channel.