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Welcome to InSight™ DriveSharp™
the clinically proven program for driving safety and confidence from Posit Science

In this document, you’ll find a description of the DriveSharp program, its benefits, and its scientific approach. You’ll also find detailed installation instructions beginning on page 17 for PCs and page 24 for Macs.

Sharpen Your Brain to Protect Yourself on the Road

Millions of people are in car crashes every year. Many of these are annoying fender benders that hurt your pocket-book if not your person. Others are terrifying accidents resulting in serious injuries and fatalities.

The worst part? People involved in car accidents are often innocent victims. A car veers into your lane suddenly. A driver on a cell phone runs a red light. A sudden downpour makes your car skid. All of these can cause you to get in an accident, even if you’re driving carefully and ably.

DriveSharp can dramatically improve your odds of avoiding these types of accidents. In fact, the program is clinically proven to cut risk of a car crash by 50%1. It does so by:

**Increasing your useful field of view:** Notice more details in your peripheral vision, such as that car that’s starting to veer over into your lane

**Helping you keep track of more:** Don’t let your focus on the cars and the green light in front of you prevent you from tracking a speeding car about to hit you from the side
**Speeding up your reaction time**: Starting to skid on a flooded freeway? React in milliseconds to regain control before you hit something.

DriveSharp strengthens these skills by sharpening your brain’s visual processing centers. After using DriveSharp, your brain will be able to take in more of what you see, and do it more quickly. The result? Earlier warning of—and faster reaction to—any danger that comes your way.


**Clinically Proven Benefits**

The DriveSharp exercises incorporate Useful Field of View (UFOV®)—a visual training method described in numerous published studies, many funded by the National Institutes of Health. These studies demonstrate that people who use this training technology experience multiple benefits, including:

- A 300% increase in visual processing speed
- A 200% increase in useful field of view
- A 50% reduction in crash risk
- Ability to stop 22 feet sooner at 55 mph

Studies also show that people who use the DriveSharp technology are more likely to keep their drivers’ licenses later in life, leading to extended independence and higher quality of life.

**Program Summary**

In DriveSharp, you’ll speed up and sharpen your brain by playing three computer-based exercises. These exercises don’t mimic driving conditions. Instead, they sharpen your brain at its core to take in more and react faster to what you see.

Before beginning the exercises, you’ll take an assessment to set your individual baseline level for the cognitive skill the exercise targets. The assessment will use this baseline to set an improvement goal for you. As you work in the exercises, you’ll take follow-up assessments to measure your improvement.

The exercises are built on a special algorithm that allows them to continually adapt to your individual level. As you get better at the exercise, it gets a little harder in order to push your brain to improve more! If you have an off day, the program will back off a little.

We recommend you use DriveSharp at least 3 times a week for 20 minutes at a time. Studies show 10 total hours of training results in dramatic improvements in driving safety, but you can continue to work in it for an unlimited time. Since the exercises adapt to you, they never stop being an effective brain workout.
Beginning Your DriveSharp Journey

After installing and registering DriveSharp (see pages 17-31), you can begin your first DriveSharp session and get on the road to safer driving. Here’s what you’ll see during your first and subsequent sessions:

Homepage: After you launch DriveSharp and select your DriveSharp account, you’ll enter the Homepage. There, you’ll see messages about the program and have the opportunity to view your account—which contains progress and performance data—and connect to our support community. Click the Start button in the lower right-hand corner of the screen to begin DriveSharp.

Video Check: On the first day, you’ll see a Video Check after the Homepage. This page verifies that your computer’s video card works with the program.

Introductory Video: After the Video Check, you’ll see a short video about the program and its exercises. This video plays automatically your first time in DriveSharp. To watch the video again in the future, click View the science behind InSight from the Main Menu.

Viewing Distance Screen: On your first session, you’ll see the Viewing Distance screen after the Introductory Video. The Viewing Distance screen gives a recommendation for how far to sit from your monitor for the best brain workout. Since this is a visual training program, viewing distance is important. You can review the screen during later sessions by clicking Viewing Distance from the Main Menu.

Main Menu: Your training session really begins on the Main Menu. The Main Menu is where you will determine your DriveSharp schedule for the day.

Choosing a schedule: When to select “Recommended Schedule”
The Recommended Schedule was designed by our science team to give your brain a thorough workout in each session. Each DriveSharp Recommended Schedule session lasts for about 20 minutes. In your first sessions, you’ll take brief tutorials to learn how to use the exercises. You’ll also take exercise assessments to set your baseline and goal in the cognitive skill the exercise targets (see page 8 for more information on assessments). After that, the Recommended Schedule will consist of 10 minutes training in two exercises.

Choosing a schedule: When to select “Choose Exercises Myself”
Do you have more—or less—than 20 minutes available? Are you in the mood to do one exercise but not the others? If so, select Choose Exercises Myself. That option allows you to choose an exercise and train in it for as long as you like.
Assessments: After you choose your schedule, you’ll begin your training. The first time you go to an exercise, you will take the exercise assessment to set your baseline level in the cognitive skill. The assessment is similar to the exercise, but slimmed down to focus on the scientific tasks (rather than the game-like elements).

Note that the assessments are very difficult by design. Don’t feel badly if you find yourself giving many incorrect answers. Everyone does! The assessments must determine the exact point at which you can—and cannot—respond accurately.

You can take an assessment at any time by clicking View my performance summary from the Main Menu and then selecting the exercise for which you’d like to take the assessment.

Exercises: After taking your first assessment in each exercise, you will begin training in the exercises themselves!

The DriveSharp Exercises

The three training exercises that form the core of DriveSharp are Jewel Diver and Road Tour, and Sweep Seeker.

Exercise 1: Jewel Diver

THE SCIENCE: Jewel Diver is designed to help build divided attention by requiring you to track several items moving around the screen at the same time. A strong ability to divide your visual attention has many benefits—both for driving and in other aspects of life. For example, it’s what allows you to simultaneously track several moving cars and pedestrians when driving through a busy intersection.

In Jewel Diver, you see jewels and bubbles appear on the screen. The jewels are then covered by bubbles, too. You have to remember which bubbles cover the jewels as they move around the screen. When the bubbles stop moving, you click on each one that hides a jewel.

As you move through the exercise, it gets harder: the jewels travel more quickly, for longer amounts of time, and over larger areas. In addition, the exercise adapts to your performance by changing the number of jewels to track. It adds to the number if you’re repeatedly successful, and subtracts from the number if you’re struggling.

THE GAME ELEMENTS: In Jewel Diver, you are a deep-sea explorer searching for sunken treasure in the Marianas Trench. To finish exploring the area, you must move through the entire “map.” Each time you take a step forward on the map, you will see a progress map with a new buoy or window lit up. When you see the map, you should feel good about how you’re doing. It means you’ve made it to the next level in the exercise!
THE GOAL: You have two goals in Jewel Diver:

1. To work through the screens and complete your exercise map
2. To make measurable improvements in your ability to divide your attention in ways that matter in real life

You’ll see your progress through the “map” as you work on the exercise. You’ll see your divided attention goal in the Exercise Exit screen.

The Exercise Exit screen appears after your time in Jewel Diver ends for the day. In the Recommended Schedule, it automatically appears after 10 minutes. If you chose exercises yourself, it will appear after you manually quit the exercise by clicking Pause and then End this exercise.

The Exercise Exit screen for Jewel Diver puts your improvement goal—set when you took your first assessment—in the context of keeping track of your family members at a crowded park. We chose to put this goal in a non-driving context to remind you that improvements to brain fitness go beyond driving safety. A comparable driving-related benefit would be tracking signs and other vehicles as you drive.

One important note: Until you take an additional assessment, the Exercise Exit screen will only show your goal, not your improvement. Improvement is only measured through assessments. You’ll be automatically directed to an assessment after you complete Jewel Diver. Or, take one at any time by selecting View my performance summary, then Jewel Diver, then Take assessment from the Main Menu.

Exercise 2: Road Tour

THE SCIENCE: Road Tour extends your useful field of view—the area over which you can quickly and accurately see details when looking straight ahead. Expanding useful field of view helps the brain gather more information from the environment. This comes in handy when quick detection and reaction can make the difference, such as when a deer comes running into the road in front of you.

Road Tour gets you to work at the edges of your useful field of view so that it gradually expands outwards. It also encourages the brain to extract information from your useful field of view more quickly.

It does so by focusing your attention on a task in the middle of the screen: you have to choose which of two cars you saw after one appears briefly in the middle of the screen. But at the same time, you have to notice where a Route 66 road sign appears in the periphery of the screen. The task gets harder in several ways:

- At first, the road sign is alone in the periphery, but over time, distractors (wrong answers) appear too.
- The road sign moves from closer to the center to farther out.
- The central cars get more similar, making it more difficult to choose the right one.
• The task also adapts to you by changing the amount of time the central cars and the Route 66 sign appear on screen. When you’re doing well, they speed up!

As you move through the exercise, these features challenge your brain to improve the speed, size, and reliability of your useful field of view.

**THE GAME ELEMENTS:** In Road Tour, you are on a road trip along Route 66, traveling through the Painted Desert of Arizona. You are in the white car in the circle of cars you see on screen. To move your white car around the circle—and get to new places on the route—you have to line up three or more cars of the same color—yellow, red, or green. When you do so, the cars collapse, and your white car moves forward. The more cars you line up, the more points you get. When your white car travels four times around the circle, you’ll arrive at a new destination on your Route 66 tour. Read about it in the left-hand column of the exercise screen!

**THE GOAL:** As with Jewel Diver, you have two goals in Road Tour:

1. To work through the screens and complete your postcard map
2. To expand your useful field of view and reaction time in ways that matter in real life

You’ll see your progress through the map as you work on the exercise. Your goals for your useful field of view—set in your first Road Tour assessment—appear in the Exercise Exit screen. On this screen, your goal for expanding your useful field of view is put in the context of seeing more at a busy intersection.

The Exercise Exit screen will only show your goal (not your improvement) until you take an additional assessment. Improvement is only measured through assessments. You’ll be automatically directed to take a follow-up assessment after you complete Road Tour. Or, take one at any time by selecting View my performance summary, then Road Tour, then Take assessment from the Main Menu.

**Exercise 3: Sweep Seeker**

**THE SCIENCE:** Sweep Seeker is designed to speed up visual processing. Faster visual processing helps you take in more information quickly and correctly, so that you can react to it at the time and remember it better.

In Sweep Seeker, you watch two visual “sweeps” (movements of bars) and determine whether each one swept inward or outward. It may not be obvious, but when broken down to its most basic parts, everything in our visual world is constructed entirely of sweeps like these. The brain’s ability to effortlessly identify these sweeps is essential to our visual acuity.

Different types of sweeps activate different sets of neurons—the nerve cells in the brain. To activate the highest possible number of neurons, the sweeps change in several ways:

1. There are five different colors of sweeps, carefully chosen to maximize neural response.
2. There are four different sweep orientations: vertical, horizontal, and two diagonals.
   Again, each of these orientations targets a different set of neurons.
3. The bars in the sweeps get thicker and thinner to ensure your
brain responds equally well to all sweeps.

As you improve at the exercise, the sweeps gradually speed up, pushing your brain to speed up along with them!

**THE GAME ELEMENTS:** In Sweep Seeker, you break tiles and collect treasures in the realm of Oceania. After clicking a seashell tile, you will see two sweeps. If you identify their directions—in or out—correctly, the tile breaks and the ones above it move down. Try to get three or more matching tiles in a row to collapse them all and earn more points! It’s especially valuable when there’s a treasure on one of the tiles you break.

Each time you break a tile, a pearl flies into the scale at left. When the scale reaches the bottom, it means you’ve completed a stimuli set and taken a step forward on the exercise map.

**THE GOALS:**
1. To work through the screens and complete your exercise map
2. To improve your visual processing speed in ways that matter in real life

**Completing DriveSharp**

**Closing an Exercise**

When you work through all the material available for an exercise, you have “closed” the exercise. You will see a screen congratulating you on your accomplishment. Reaching this point will take between two and four hours for each exercise.

When you complete an exercise, you will be encouraged to take an assessment. Please do so! Only by taking the assessment can your improvement in the cognitive skill be measured.

After you complete an exercise, it will be removed from your Recommended Schedule. However, you can keep training in that exercise by using the Choose Exercises Myself option from the Main Menu. The exercise will start from the beginning—but that doesn’t mean your brain isn’t getting a workout. Since each exercise adapts to your individual performance, it will continue to challenge your brain.
Completing the Schedule
Once you have “closed” all three exercises, you have completed your scheduled training in DriveSharp! You will see a screen that summarizes your performance and gives you suggestions for next steps. These include:

TAKING A BREAK: You have done good work. It’s entirely acceptable to take a break from brain training! We recommend you repeat the program every 6-9 months to keep your brain in top driving form.

CONTINUING TO USE DRIVESHARP: You can continue to train indefinitely in the DriveSharp exercises by using the Choose Exercises Myself option. (See page 7 for more information on that option.) The more you train, the more benefit to your brain!

EXTENDING YOUR BENEFITS BY UPGRADING TO INSIGHT: The DriveSharp exercises are part of a much more extensive visual brain training program called InSight. If you’d like to expand your brain fitness benefits beyond the driving focus, you can upgrade to InSight. You’ll unlock two new exercises and new levels in Jewel Diver, Road Tour, and Sweep Seeker! For more information, go to www.PositScience.com.

Getting Help
For unlimited technical and program support, visit www.PositScience.com/Support. There, you’ll find:

• Extensive online support from the Posit Science Customer Delight team
• A place to connect with other DriveSharp users, ask questions, and share ideas

PC Installation, Registration, and Sign In Instructions
Before you can use DriveSharp, you need to install the program, register your account, and sign in. Instructions for each of these steps are below.

Installation
1. Close all programs running on your computer.
2. Locate the program file you downloaded.
   The file name will start with “Posit_Science_InSight_Windows”. Double-click the file to launch the installer. The installer will begin loading. Please wait until it finishes. You can track its progress in the pop-up that appears on the screen.
3. Next you will see the Installer Welcome screen. Click Next and follow the directions on the screen until you get to the Product Registration screen.

Please note: To install and register, you must have a valid email address and be connected to the internet. If you receive a message that you are not connected to the internet, you may need to adjust your firewall or system security settings to allow the connection.
4. On the Product Registration screen, enter your 15-digit registration code located in your confirmation email. Then click Next to continue to the License Agreement screen.

5. Click I Accept to agree to the license agreement. (Please note: Clicking I Decline prevents the software from installing.)

6. Next, the Choose Install Folder screen will appear. Click Install to install to the default location: C:\Program Files\Posit Science. If you’d like to install to another location, click Browse to navigate to your preferred location, then click Install.

Clicking Install begins the installation process. This process takes several minutes.

As the installation occurs, you will see a screen indicating progress.

7. On the Multimedia Installer screen, click Next to install the Adobe Flash plug-in on your computer. When this is complete, click Next to finish the installation process.

8. On the Install Complete screen, click Done to register and sign-in.

Please note: If you would like to register your program later, select Run InSight later and click Done. When you’re ready to begin training, double-click the Posit Science InSight icon on your desktop to start the registration process. You will be asked to enter your registration code and accept the license agreement. Click Accept to continue.

Learn About Brain Health
Once DriveSharp is installed, the “Learn About Brain Health” icon will appear on your desktop (along with the program icon). Clicking this icon will take you to a helpful website where you can learn more about the brain and brain fitness.
Registration and Sign In

Before you can begin using DriveSharp, you will need to register. Follow these steps to do so.

1. After completing the installation process, the following screen appears. Click Set up account to begin the registration process. If you are asked to enter your registration code, please do so and click Next.

2. You’ll see the Contact Information screen. Fill in your personal information and click Next.

3. The following screen will ask you to choose your username, password and to enter your email address. When you have finished, click Finish Registration.

A few notes about your account:
• You may select any user name you like, provided it is at least 6 letters and/or numbers long. (No other characters are allowed.) If the user name you choose is already in use, you will be prompted to choose a different one. You will see your user name each time you use the program.
• Choose any password you like, provided it is at least 6 letters and/or numbers long. (No other characters are allowed.)
• You must use a legitimate email account. If you ever forget your password, you will need to enter your email address in order to reset it. We suggest that you store your user name and password information in a safe place for future reference.

4. You will then see the Registration complete screen. Click Sign in to continue. If prompted to accept the license agreement, click I Accept. Note: The program will remember your password unless you uncheck the “Remember Password” box.

When you finish registering, you’ll receive an email confirmation from Posit Science indicating that your account is now active.

Please note: If you do not receive an email, you may need to check your “junk” or “spam” email folder.
When registration is complete, you are almost there!

The next screen you’ll see will be your Homepage. Here, you can also access your My Account webpage, Support website, and start training!

Adding a second user
To add a second user to the same computer, you will need to purchase an additional copy of DriveSharp. Use the registration code from your new copy to create a separate account. To do so, launch the program and click the Sign in button that appears below the user name(s) you have previously created. Next, click Set up account and follow the registration instructions.

Training on Multiple Computers
You will need to download and install DriveSharp on each computer you wish to use for your training. However, you will only need to register once. You can access your download link and registration code in your original order confirmation email or via the My Account website. To access My Account, go to https://cortex.positsci.com/myaccount/ and enter your DriveSharp user name and password. After you have installed the program and signed in using your existing user name and password, please accept the license agreement and proceed. Note: You will need to be online to do this.

Forgot User Name or Password?
Should you ever forget your user name or password, click the Sign in button below your user name on the Sign in screen. On the next screen, click Forgot username or password? on the right hand side. You will be prompted to enter your email address so Posit Science can send your sign in information.

Please note: If you do not receive an email, you may need to check your “junk” or “spam” email folder.

Thank you for installing Posit Science DriveSharp!

Uninstalling
Should you ever want to uninstall Posit Science DriveSharp, follow these steps:
1. Click on the Windows Start menu and select All Programs.
2. Choose the Posit Science program folder.
3. Click on the Uninstall InSight icon. The Uninstall InSight Wizard will appear.
   Click the Uninstall button to continue.
4. Wait while the Posit Science InSight files are removed.
5. When completed, click the Close button.

Note that uninstalling will not remove your user data. If you uninstall and then re-install a new version of Posit Science DriveSharp, your account and progress information will be carried over to the new version.

Questions?
Visit us online at www.PositScience.com/Support, email us at CustomerDelight@PositScience.com, or call us at 1 800 514 3975 (U.S. customers) or +1 415 373 5685 (International customers).
MAC
Installation, Registration, and Sign In Instructions
Before you can use DriveSharp, you need to install the program, register your account, and sign in. Instructions for each of these steps are below.

Installation
1. Close all programs running on your computer.
2. Locate the program file you downloaded.
   The file name will start with “Posit_Science_InSight_MacOSX”. Double-click the file to launch the installer. The installer will begin loading. Please wait until it finishes. You can track its progress in the pop-up that appears on the screen.
3. On the Authenticate screen, enter your Mac system administrator name and password (the ones you use to log in to your computer).* Then click OK.

   Please note: To install and register, you must have a valid email address and be connected to the internet. If you receive a message that you are not connected to the internet, you may need to adjust your firewall or system security settings to allow the connection.

*Note that if your computer has more than one account, another account holder may be the administrator. If that’s the case, you will need his or her name and password.

4. The installer will begin loading. Please wait until it finishes. You can track its progress in the pop-up that appears on screen.

5. Next you will see the Installer Welcome screen. Click Next and follow the directions on the screen until you get to the Product Registration screen.

6. On the Product Registration screen, enter your 15-digit registration code located in your confirmation email. Then click Next to continue to the License Agreement screen.

7. Click I Accept to agree to the license agreement. (Please note: Clicking I Decline prevents the software from installing.)
8. Next, the Choose Install Folder screen will appear. Click **Install** to install to the default location: /Applications/Posit Science. If you’d like to install to another location, click **Browse** to navigate to your preferred location, then click **Install**.

Clicking **Install** begins the installation process. This process takes several minutes. As the installation occurs, you will see a screen indicating progress.

9. On the Multimedia Installer screen, click **Next** to install the Adobe Flash plug-in on your computer. When this is complete, click **Next** to finish the installation process.

10. On the Install Complete screen, click **Done** to register and sign-in.

**Please note:** If you would like to register your account later, select **Run InSight later** and click **Done**.

When you’re ready to begin training, double-click the Posit Science InSight icon on your desktop to start the registration process. You will be asked to enter your registration code and accept the license agreement. Click **Accept** to continue.

**Learn About Brain Health**

Once DriveSharp is installed, the “Learn About Brain Health” icon will appear on your desktop (along with the program icon). Clicking this icon will take you to a helpful website where you can learn more about the brain and brain fitness.
MAC INSTALLATION

Registration and Sign In
Before you can begin using DriveSharp, you will need to register. Follow these steps to do so.

1. After completing the installation process, the following screen appears. Click Set up account to begin the registration process. If you are asked to enter your registration code, please do so and click Next.

2. You’ll see the Contact Information screen. Fill in your personal information and click Next.

3. The following screen will ask you to choose your username, password and to enter your email address. When you have finished, click Finish Registration.

A few notes about your account:
• You may select any user name you like, provided it is at least 6 letters and/or numbers long. (No other characters are allowed.) If the user name you choose is already in use, you will be prompted to choose a different one. You will see your user name each time you use the program.
• Choose any password you like, provided it is at least 6 letters and/or numbers long. (No other characters are allowed.)

4. You will then see the Registration complete screen. Click Sign in to continue.

If prompted to accept the license agreement, click I Accept. Note: The program will remember your password unless you uncheck the “Remember Password” box.

When you finish registering, you’ll receive an email confirmation from Posit Science indicating that your account is now active.

Please note: If you do not receive an email, you may need to check your “junk” or “spam” email folder.

When registration is complete, you are almost there!

The next screen you’ll see will be your Homepage. Here, you can also access your My Account webpage, Support website, and start training!
Adding a second user
To add a second user to the same computer, you will need to purchase an additional copy of DriveSharp. Use the registration code from your new copy to create a separate account. To do so, launch the program and click the Sign in button that appears below the user name(s) you have previously created. Next, click Set up account and follow the registration instructions.

Training on Multiple Computers
You will need to download and install DriveSharp on each computer you wish to use for your training. However, you will only need to register once. You can access your download link and registration code in your original order confirmation email or via the My Account website. To access My Account, go to https://cortex.positsci.com/myaccount and enter your DriveSharp user name and password. After you have installed the program and signed in using your existing user name and password, please accept the license agreement and proceed. Note: You will need to be online to do this.

Forgot User Name or Password?
Should you ever forget your user name or password, click the Sign in button below your user name on the Sign in screen. On the next screen, click Forgot username or password? on the right hand side. You will be prompted to enter your email address so Posit Science can send your sign in information.

Please note: If you do not receive an email, you may need to check your “junk” or “spam” email folder.

Thank you for installing Posit Science DriveSharp!

Uninstalling
Should you ever want to uninstall Posit Science DriveSharp, follow these steps:
1. Navigate to your Applications folder by double-clicking on your computer icon on the desktop.
2. In the Application folder, find and open the Posit Science program folder.
3. Click on the Uninstall InSight icon. The Uninstall InSight Wizard will appear.
   - Click the Uninstall button to continue.
4. Wait while the Posit Science InSight files are removed.
5. When completed, click the Close button.

Note that uninstalling will not remove your user data. If you uninstall and then re-install a new version of Posit Science DriveSharp, your account and progress information will be carried over to the new version.

Questions?
Visit us online at www.PositScience.com/Support, email us at CustomerDelight@PositScience.com, or call us at 1 800 514 3975 (U.S. customers) or +1 415 373 5685 (International customers).
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