

# BrainHQ Exercises for Your ReCODE Report



## BrainHQ Background

As part of your ReCODE recommendation, you'll be using BrainHQ—an online program with dozens of exercises that target specific cognitive skills. BrainHQ has been developed and tested by a global team of neuroscientists and other specialists.

## BrainHQ Studies and Benefits

More than 100 studies show using BrainHQ benefits brain function . Many of these studies were conducted on older adults. These benefits include significant improvements in:

- *Cognition* (e.g., processing speed, attention, memory, executive function)
- *Quality of Life* (e.g., mood, confidence, self-rated health, health-related quality of life)
- *Real-World Activities* (e.g., movement, balance, driving, functional independence)

## Getting Started with BrainHQ

Your BrainHQ account has already been set up so you're ready to get started right away!

If possible, do your first training on an internet-connected computer. (Later on, you can also access BrainHQ from a smart phone and tablet using the BrainHQ IOS or Android app.) Here's what to do:

1. Launch a browser (we recommend Google Chrome) and go to [www.brainhq.com](http://www.brainhq.com).
2. Log in with the user name and temporary password on the bottom of this page. (If you'd like to change your password, click the "forgot password" link to reset it.)
3. Click on the big yellow "Getting Started" button in the center of the screen.
4. Follow the instructions to learn your first exercise!

Once you've learned the first exercise, you'll move into your personal training program. At first, you'll mostly work on a set of visual exercises. These are the types of exercises used in many studies on people at risk for dementia. Your ReCODE team will monitor your progress as you train.

## How Much to Train on BrainHQ

We recommend training for 20-30 minutes per day, at least three days per week. More is even better! Pick a time of day when you usually feel most alert, and find a quiet place to train.

## Progress

The exercises will quickly adjust to you, based on your performance. They are designed to continuously push you just beyond your prior capabilities. That means they can feel quite challenging—but don't worry. That level of challenge is necessary to change your brain function. You can track usage and progress through the "Progress" tab at the logged-in home screen.

Enjoy BrainHQ!

Name: \_\_\_\_\_

Contact : \_\_\_\_\_

User ID: \_\_\_\_\_

Password: \_\_\_\_\_