

Preparing Patients for CBS Health

This guide provides a few helpful talking points to ensure patients have the information they need to be successful with CBS Health.



CBS Health is an online brain health assessment service used by leading healthcare practitioners to quantify and objectively assess, monitor, and manage core areas of cognition.

Key Talking Points

1 Explain why you are objectively measuring cognition

- Objectively measuring cognition is a **standard practice** at our clinic and a key facet of our patient care programs.
- Measuring cognition before, during, and/or after specific interventions will allow you to **gain evidence that the intervention is having the desired effects.**
- Changes in your health can happen slowly, and it is difficult to know if you are maintaining your brain health over time. Tracking your cognitive measurements over time will give you a **long-term view of how your brain health is changing.** With this information in-hand, we can now collaborate together to make informed decisions regarding your brain health.

2 Set the appropriate context and dispel the myths

- **This is not an IQ test and your brain can't be defined by one number.** Your cognitive function is not a single, unchanging, and physical measurement—like height—that can stay constant day in and day out.
- **Cognitive abilities can change, even on a daily basis.** In that sense, cognitive function is more like blood pressure than it is like height. That is to say, over the long term it is more or less constant (assuming you stay healthy), however significant fluctuations may occur on a day to day basis depending on what you've been doing, your sleep habits, your stress level, what you've eaten, your mood, and a multitude of other factors.
- **Cognition is complex.** you may be stronger at one aspect of cognition (e.g., memory), yet weaker another (e.g., planning or problem solving). To truly understand your cognitive abilities, **several different measures are needed.**

- That's why we use a third-party service called **CBS Health** to accurately measure core elements of your cognitive function, including memory, attention, reasoning and verbal abilities, throughout your treatment plan.
- The tasks you will complete have been **developed by leading neuroscientists over the last 25+ years, taken over 8 million times, and used in 300+ peer-reviewed studies of cognition.**
- The CBS Health tasks are **highly engaging and gamified, efficient (completion time of 1.5 - 3 minutes per task), and can be taken online or in person using common everyday devices like iPads, or desktop and laptop computers.**

- **Get comfortable.** The assessment you are about to take will last approximately **x** minutes and is made up of **y** tasks. During the duration of the assessment, remember that this is a task for your brain—it shouldn't be hard on your body. Find an environment that is as comfortable as possible, and adjust your chair and screen so you are in the position that feels most natural.
- **Reduce distractions.** Do your best to give your full attention to the tasks. Whether you're at home or at the clinic, ensure that your surroundings are calm and quiet, and put your personal devices on silent mode.
- **Familiarize yourself with the tasks before starting.** Complete the interactive tutorials to ensure you understand the rules of the task before you begin. If you feel you've missed something in the task instructions, or aren't comfortable proceeding past the task tutorial, you can re-take the tutorial until you're ready.
- **Don't overthink it.** Think of the assessment like having your blood pressure measured - in other words, it's a measurement as opposed to a test. If you answer a few questions incorrectly during your assessment, don't let it discourage you. Keep going and try to maintain your focus throughout the duration of the assessment.

Addressing Questions Your Patients May Have

I feel like I did not do well on my assessment - should I be concerned?

You should not be concerned if you feel you did not do your best - there is no such thing as “best” for this type of assessment. The tasks are designed to be challenging and to measure your abilities by getting increasingly difficult as you answer questions correctly. Please be aware that this is only a *snapshot* of your cognition at the moment you are completing the assessment and that cognitive performance tends to fluctuate naturally from day to day depending on many factors (like your sleep quality, stress level, nutrition, exercise regimens, etc.).

I could not complete my assessment due to an interruption or technical issue - what should I do?

If you're interrupted or experience a technical issue during the assessment, contact your healthcare practitioner and describe the situation, as well as the task you were on, so that results for that specific task can be interpreted appropriately. If you experience a technical issue that prevents you from accessing the assessment, let your practitioner know the operating system and browser you are using.

What do the results look like?

A CBS Health report will show you your raw score on each task, as well as how your score compares to others in similar age and gender groups. A sample report is available [here](#) for your reference.