



## **Understanding your Brain Health:**

The importance of staying on top of our physical health is ingrained in us. We're advised to track our blood pressure, our cholesterol and our weight, but what do we do to track our brain health? According to Neuroscience Canada, 1 in 4 individuals will experience a brain disorder during their lifetime. This makes understanding our cognitive strengths and challenges, and monitoring changes over time all the more important. As with physical health, early detection and treatment improves brain health outcomes. For those already experiencing brain dysfunction, better understanding means targeted treatment options, key to recovery and improving your quality of life.

Effective intervention is possible. Until now, obtaining a comprehensive overview of brain health has been a long, challenging and often cost prohibitive process, which can limit access to intervention.

BrainFx 360 makes comprehensive measurement and tracking of your brain health, easier and more accessible. As a Certified by BrainFx Provider, we can get a clear picture of your individual strengths and challenges using this powerful new assessment tool, suggest more targeted treatments and determine their effectiveness in helping to improve your quality of life.

## **What is BrainFx 360?**

A digital assessment tool that assists health professionals with information that may be needed for early detection, diagnosis and treatment of neurological dysfunction.

BrainFx 360 is designed to be sensitive to mild to moderate dysfunction from brain disorders and more predictive of real life function. The assessment is easy to do and only takes only to 60 to 90 minutes.

Your healthcare professional doesn't need to pull together pieces of multiple tests, and you don't need to wait weeks or months for reports. Following your performance assessment, an immediate report is generated that can be shared with your healthcare team at your discretion.

Using your first assessment as a baseline, the assessment can be taken again following any treatment or intervention to measure your improvement. You can even take the BrainFx 360 assessment to establish your own healthy baseline, a great way to take charge of your brain health.

## **How do I complete the assessment?**

Completed on a tablet with your healthcare professional at your side, BrainFx 360 takes you through 50 fun and engaging activities. The immediate report will provide the information required for your healthcare professional(s) to create your health care plan and return to activity recommendations.



## How do I get started?

Once you've confirmed that your healthcare professional offers the BrainFx 360 assessment simply:

- Fill out your self-report (link will be sent to you by email)
- Invite up to three (3) individuals who know you well to complete a companion report - OPTIONAL
- Meet with your BrainFx 360 administrator to complete the assessment
- Review your results with your healthcare provider

You can also elect to have your results de-identified and made part of our research database, the Living Brain Bank™. **This is your way of contributing to the future of neuroscience!**

For more information, please contact your healthcare provider, or email BrainFx at: [information@brainfx.com](mailto:information@brainfx.com)