

Personal Summary Report

With Savonix, employers, researchers, healthcare systems, and providers can assess cognition with our clinically valid tests.

The **Personal Summary Report (PSR)** is available in real-time for users to view their test results within the mobile application. The PSR can also be sent to them via email. Scores are reported in percentiles for easy understanding. The PSR can integrate results from the Lifestyle Questionnaire for a comprehensive report on brain health and brain health behaviors.

Jane Smith
SAVONIX

Date of Birth
1957/03/16
Gender
Female
Education
Doctorate Degree
Color Blind
No

Test Results

Cognition is the ability of your brain to think, learn, understand and remember. Cognitive function is an indication of brain health. The table below shows your current cognitive functioning compared with people the same age as you.

Domains	Below Average	Average	Above Average
Instant Verbal Memory	10th		
Delayed Verbal Memory	16th		
Impulse Control		17th	
Focus			74th
Attention		24th	
Emotion Identification			45th
Processing Speed		33th	

Brain Health Behaviors

Your lifestyle can affect the health of your brain and efficiency of cognitive functions. Some lifestyle behaviors can boost cognitive function and protect you against brain diseases. Other behaviors can reduce cognitive function and increase risk for brain diseases. The table below shows your lifestyle results. You can click on each area to learn more about why these behaviors are important for brain health and cognitive function.

Behaviors	High Risk	Moderate Risk	Low Risk
Smoking	✓		
Exercise		✓	
Sleep	✓		
Alcohol	✓		
Diet			✓

Brief Summary

Your profile shows mixed results. In some areas you have average or higher than average cognitive function for your age. In other areas you show below average cognitive function for your age. Some of your lifestyle behaviors are positive for brain health whilst others may be negatively affecting your cognitive function, reducing your brain's health and increasing risk for brain disease. Here are three things you can try to improve your cognitive function and brain health.

High Risk

Smoking has negative effects on brain health. Try to quit and, if you can't, try to cut down.

High Risk

Your sleep could be better. Poor sleep is associated with reduced attention and concentration and has been linked with brain disease such as dementia in later life. However, better sleep may boost your cognitive functioning and improve brain health.

High Risk

Customizable Message

"If you have questions about your report, please contact your primary care physician."

Test Results – Brief

Test Results are first displayed in color-coordinated percentiles for easy understanding.

Lifestyle Habits – Brief

Lifestyle Habits are categorized by the level of risk they carry toward the user's brain health.

Lifestyle Habits Summaries

Recommendations briefly educate the user about brain health behaviors and provides suggestions for improvement.

Personal Summary Report

Comprehensive Personal Report

Cognitive Function

Cognition is comprised of different areas or 'domains'. The Savonix domains are divided into Instant Verbal Memory, Delayed Verbal Memory, Impulse Control, Focus, Attention, Emotion Identification, Processing Speed, Flexible Thinking, Working Memory, Executive Function, and Spatial Memory.

Instant Verbal Memory

Score: 0th, Below Average

Instant verbal memory is the ability to recognize words from short term memory. We use our verbal memory to remember a shopping list or learn names.

Your instant verbal memory was below average. You may have noticed problems in remembering names or grocery list items.

To compensate for lower instant verbal memory try to developed memory tricks or mnemonics. Also write important information down, leave yourself phone messages of important information, and carry a pocket notebook.

Delayed Verbal Memory

Score: 16th, Below Average

Delayed verbal memory is the ability to store words into long term memory and later recognize them. We use our delayed verbal memory to recall older information such as a favorite poem.

Your delayed verbal memory was average. This indicates that your ability to recognize and remember verbal information is similar to most people your age.

Even though your delayed verbal memory is average, you may be able to improve it by writing important information down such as a shopping list. You can also practice by memorizing short poems and reciting them later.

Brain Health Behaviors

Medical research has shown that lifestyle can affect the health of your brain and the efficiency of cognitive functions. Some lifestyle behaviors can boost cognitive function and protect you against brain diseases. Other behaviors can reduce cognitive function and increase the risk for developing brain diseases in later life such as dementia.

Smoking

High Risk

You indicated that you smoke 3-5 days per week. Even infrequent smoking is associated with increased risk of stroke and dementia. Did you know that smoking causes key areas of the brain to shrink and can impact thinking skills? Fortunately, research has shown that quitting smoking can reverse smoking-related damage to your health. It is never too late to stop, try to quit smoking entirely.

Sleep

High Risk

It looks like you are getting a sufficient amount of sleep. Sleep is a vital indicator of overall health and well-being. Your muscles, brain cells, and other tissue are repaired while you sleep. Continue making sleep a priority in your life.

General Information

Smoking

Tobacco use, even in small and irregular amounts, has been associated with several negative health outcomes, including dementia. Smoking also causes key areas of the brain to shrink and can impact thinking skills. Current smokers have an 80% increased risk of developing Alzheimer's disease compared to people who have never smoked. The World Health Organization (WHO) sees tobacco smoking as the number one avoidable cause of death in the world. Fortunately, research has shown that quitting smoking can reverse smoking-related damage to your health.

Alcohol

Most studies have not found a relationship between light-to-moderate alcohol consumption and dementia. However, heavy drinking and binge drinking are both linked to stroke and dementia. In fact, people who reported consuming more than five bottles of beer in one sitting, or one bottle of wine were three times as likely as non-binge drinkers to have dementia by age 65.

Exercise

Research has shown that people who participate in any type of regular physical activity exhibit less cognitive decline after 2.5 years, especially when they do vigorous activities more than once a week. Physical activity and exercise can significantly reduce the risk of developing dementia and those who engage in moderate activity during midlife have a 39% lower risk of developing mild cognitive impairment in later life. It's never too late to start exercising, those who participate in late-life moderate exercise have a 32% lower risk for developing mild cognitive impairment. Click here for more information and support.

Savonix Information

Savonix delivers a fully mobile assessment of cognitive function available on Android and iOS devices. Savonix Mobile is an accurate, accessible, and affordable tool for cognitive screening. It empowers health-care providers, payers, and researchers to evaluate and leverage results to improve health and treatment outcomes. Led by clinical psychologists, neuroscientists, and technology leaders, Savonix is the global authority on cognition and its relationship to risk, outcomes, and the development of innovative therapies. The Savonix evidence-based tests are digital versions of the gold standard cognition tests, many of which neuropsychologists have used effectively since the 1930s.

Comprehensive Report

This next section goes into detail about each test result and brain health behavior.

Test Results – Detailed

Easy-to-understand descriptions explain cognitive domains, and best-in-class detail strategies to improve cognitive health.

Lifestyle Habits – Detailed

In-depth suggestions describe how the user can change their habits to improve their brain health.

General Information

Overviews of scientific evidence that explain how each health behavior described affects the brain.

About Savonix

A brief explanation about who Savonix is and why we can be trusted.

Abridged Version for Demonstration Purposes

For more information about Savonix or this report, please visit savonix.com/provider