FAQ CogCheck®

What is CogCheck®?

CogCheck® is an internal proprietary algorithm that constantly checks brain performance during NeuroCoach® activities. It measures if the brain is performing within the targeted limits that are guided and directed toward the goals for that client. There are two levels within CogCheck®. The first level is to initiate it by conducting the NeuroEval® and producing the NeuroCodex® report. Out of the NeuroCodex® report we have the starting points (measurements) for CogCheck®. The algorithm takes those values that indicate what needs to be enhanced or repaired for optimized brain performance and uses that as the initial set point. These are the numerical ranges we set up as the client protocols. So, essentially the values derived from NeuroCodex® are used as the parameters for the training algorithms in NeuroCoach® and CogCheck® monitors and measures those values and parameters during NeuroCoach® sessions.

After the initial set point of values, the second level is the training algorithms that are used during the NeuroCoach® program. For example, the algorithms help develop attention through Attention Builder. It measures performance levels we would expect for that individual based on their NeuroCodex® report and their age group. We know what the maximum performance we should see for that age group, so we keep increasing those values based on the client's performance during the activity. We continue to use CogCheck® values during each session and increase or decrease the intensity level based on brain performance.

How often are the set point values changed?

Periodically, we need to reset the values, because we want to see that everything is integrated as a whole. We are not looking at just the attention system or cognitive control system in the brain. We want to see how *all* systems are fully integrating within the brain. We perform another NeuroEval® and NeuroCodex® report to see where improvements have occurred in the brain and whether performance is within the scope of full integration. The results will also indicate where weaknesses in brain systems may still be present as well as where improvements have taken place. We reset the values and the goals for CogCheck® based on the new NeuroEval® and NeuroCodex® Report of Findings and then use those updated values as the new set point. NeuroCoach® uses the new values to continue to strengthen those brain systems with updated protocols. CogCheck® starts again with its new set points during session activities.

What is CogCheck® monitoring?

CogCheck® continues to monitor the brain during activities for building brain capacity, brain resiliency, and brain resistance to fatigue.
In summary, CogCheck® works in conjunction with NeuroEval®, NeuroCodex® and NeuroCoach® and allows a continuous loop of refining and adjusting how the program is delivered to the individual until the client graduates out of the program with their brain performing at the level they want and/or is optimized.