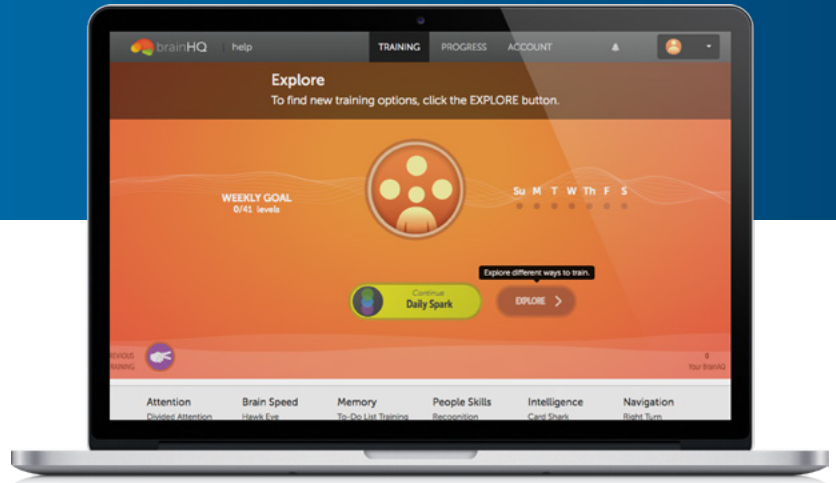


# Get Started with BrainHQ

1. Go to: [brainhq.com](https://brainhq.com)
2. Click “LOGIN”
3. User ID: Your email address  
Password: ReCODE123



**Your BrainHQ account has been set up.** We suggest starting on an internet-connected computer. Later on, you can also access BrainHQ from most smartphones and tablets, via apps.

**Launch a web browser:** (Google Chrome is recommended) and go to [brainhq.com](https://brainhq.com). Log-in with the user name and temporary password (above). You can easily change your password by clicking on Forgot Password at log-in.

**Once you are logged-in,** click on the big yellow “Getting Started” button in the center of the screen. It will take you into an initial exercise, and you’ll learn by doing.

## RECOMMENDED USAGE

MPI Cognition™ has set your training to begin with a suite of five visual training exercises. These are the type of exercises used in many studies on populations at risk for dementia. We recommend training for 20-30 minutes per day, at least three days per week. Training for more days is better. You should pick a time of day when you usually feel most alert, and find a quiet place to train.

## PROGRESS

The exercises will quickly and continuously personalize to you, based on all prior responses. They are designed to continuously push you just beyond your prior capabilities. You can track usage and progress through the “Progress” tab at the logged-in home screen.

Sleep helps consolidate gains, so what seems hard today may seem easy tomorrow. Please explore and enjoy BrainHQ.

*MPI Cognition™ uses the BrainHQ exercises and assessments as part of The Bredesen Protocol.*

*BrainHQ is an online (and in-app) platform that includes dozens of exercises targeted at specific cognitive skills. It has been developed, tested, refined, and validated by a global team of hundreds of brain scientists.*

## BRAINHQ STUDIES AND BENEFITS

*More than 100 peer-reviewed studies show BrainHQ assessments and exercises deliver benefits across various populations. Studies show BrainHQ exercises drive significant improvements in older adults in standard and real world measures of:*

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



**RECODEREPORT.COM SUPPORT:** [support@recodereport.com](mailto:support@recodereport.com)     **BRAINHQ SUPPORT:** [support@brainhq.com](mailto:support@brainhq.com)



**MPI**  
COGNITION