

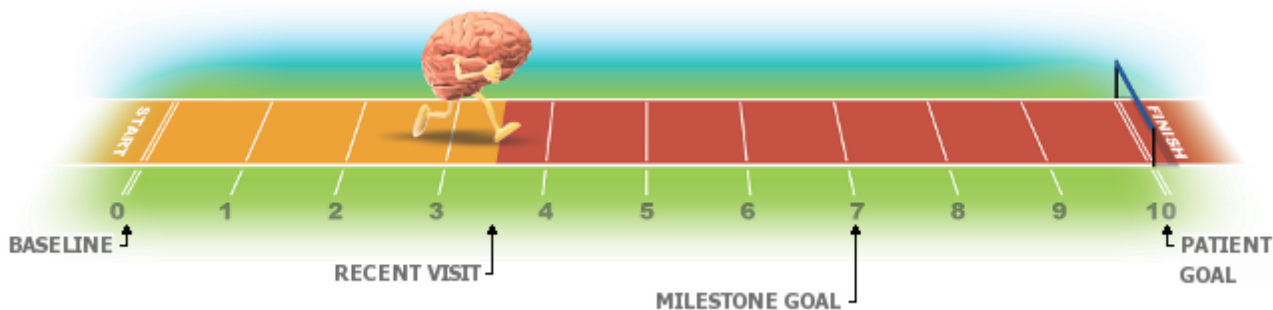
# BRAIN CARE PATIENT REPORT

**Patient:** John Doe **Age:** 71 **Clinician:** Dr. Marcus Welby **Date:** Aug-30-2018

At Rehab Clinic, we believe that a healthy lifestyle and brain exercises can help improve brain fitness. The BrainCare Score is based on the brain wellness tests that you took in our office and shows how much you have progressed in your memory and thinking. By tracking your brain wellness, we have recommended a scientific goal-based activity plan. The advice below helps manage activities of daily living and exercises you should do at home. Be pro-active and perform the suggested activities on a regular basis. *The more you work at it, the better your chances are to improve your BrainCare Score and reach your goals for recovery.*

**JOHN'S BRAINCARE SCORE: 3.5**

TRACK PROGRESS TOWARD YOUR BRAIN TRAINING GOAL



## What Matters Most

What is your main difficulty? **Memory**

What is your next most important difficulty? **Thinking**

What is your most important goal for home activities? **Attention**

What is your next most important goal for home activities? **Visual Spatial**

Primary Targets
Memory
Thinking
Attention

## Summary of this Visit

- We reviewed your BrainCare Score and discussed what you can do to boost your brain wellness. We agreed on personalized goals for a home exercise program.
- We talked about the importance of taking your medications according to the instructions your doctor provided.
- We discussed lowering body weight and following a healthy diet. An appointment with a dietician was recommended.
- We talked about the importance of physical activity for your heart and brain. This can include walking, swimming, going to a gym, or dancing, at least 3 times per week.
- We talked about possible risks of falling and what can be done to lower this risk.
- We talked about possible risks of driving and what you can do about it.
- A follow-up appointment should be made for 6 months from now. Call for an earlier appointment if necessary.

Secondary Targets
Visual Spatial
Verbal Function
Problem Solving

## RECOMMENDATIONS FOR ACTIVITIES JOHN CAN DO AT HOME



### 1. Daily Social Activity

Interacting with other people has been shown to be beneficial for brain wellness.



### 2. Mentally Stimulating Activities

Participation in activities like reading, crossword puzzles, and card or board games has been shown to promote brain health.



### 3. Scientific Brain Training Software

Programs that are most suitable include:

Happy Neuron	<a href="http://www.happy-neuron.com">www.happy-neuron.com</a>
BrainHQ	<a href="http://www.brainhq.com">www.brainhq.com</a>

Selected based on your age, your target training areas, and quality of the scientific evidence.

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**Signature of healthcare professional:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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### Disclaimer

The purpose of this report is to promote fitness and wellness. This advice is not a form of medical diagnosis or treatment, and it does not replace medical treatments prescribed by your doctor. The choice of brain training software is made objectively by computer and is not based on financial relationships with the vendors.