

# TruHealth Mind & Body

## Cognitive Assessment Report

Date of Assessment - 22nd Jan 2026

## Rahul Jio

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Age: 9

Gender: MALE

Powered By -  ivory



- This Cognitive Assessment is an FDA registered test that is based on state-of-the art cognitive science. This Assessment provides you a quantitative score across 22 different cognitive skills that helps you understand your overall cognitive function.
- The Assessment has been used by millions of users over the last 15 years and benchmarks your performance vs other people of your age and gender.

### Pre-requisites as you interpret your results

Cognitive test performance can be affected by both environmental factors and your internal state. Therefore, please interpret your test results carefully, ensuring that:



You were free from distractions or interruptions during the test



You had a restful night's sleep beforehand



You were able to follow instructions clearly



## Current cognitive profile

Rahul Jio, Your cognitive assessment shows **AVERAGE COGNITIVE PERFORMANCE**

Total Cognitive Score : 383/800

9

Real Age



24

Cognitive Age

Your Cognitive Age is **in line with** others of your age and gender.

Your Cognitive Score and Cognitive Age indicate that your cognitive performance is **similar to** what is expected from someone of your age and gender. This performance is based on the Cognitive Assessment you had done

**The following pages breakdown your overall performance as per the key functional domains of the brain.**

Your overall Cognitive performance was assessed in 5 key categories i.e. Attention, Memory, Reasoning, Perception and Co-ordination.

Below is the overview of your current performance in each of the five domains.

Additionally, 22 sub-skills were tested during the cognitive assessment.



**354/800**  
REASONING



**373/800**  
MEMORY



**300/800**  
ATTENTION

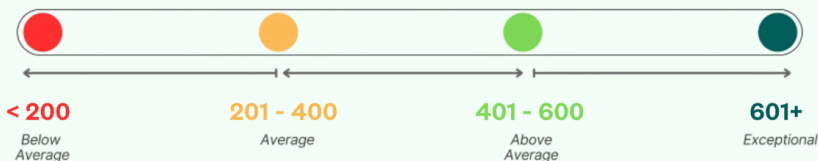


**401/800**  
MOTOR



**447/800**  
PERCEPTION

### How to read scores



All your five domains are in average or above average range

### Excellent!

Your cognitive performance across all domains do not indicate any significant deficits. You may wish to follow our recommendations to maintain good cognitive health.

Your Assessment provides you personalised Daily Brain Workouts on the Ivory App. You can download the Ivory app from the PlayStore or AppStore.



354/800

REASONING

### Planning

339

Ability to think about the future



### Shifting

295

Ability to adapt the behavior



### Processing Speed

429

Time it takes a person to do a mental task



### Recommendations to improve

- Strengthen reasoning skills with activities like Sudoku, Puzzles, or other problem-solving exercises.
- Engage in discussions that explore different opinions and viewpoints.
- Explore scientific problems to encourage deeper thinking and understanding.
- Practise breaking a problem into smaller parts to arrive at logical conclusions.
- Use techniques like pros and cons analysis when making decisions.



373/800  
MEMORY

### Short Term Memory

321

Ability to retain a small amount of information over a short period of time



### Visual Short Term Memory

325

Ability to retain a small amount of visual information over a short period of time



### Phonological Short Term Memory

358

Ability to retain a small amount of verbal information over a short period of time



### Contextual Memory

426

Ability to memorize and discern the origin of a specific memory



### Non Verbal Memory

325

Ability to code, store, and recover non-verbal information



### Naming

464

Ability to find the specific word



### Working Memory

378

Ability to manipulate the information in short-term memory



### Recommendations to improve

- o Learn new skills, languages, or instruments to boost cognitive function.
- o Use clear images to help remember and retain information.
- o Practice meditation as it helps improve attention and working memory.
- o Limit multitasking to lessen mental strain and improve memory.
- o Use tools like notes and to-do lists to help you remember things.



300/800  
ATTENTION

### Focus Attention

174

Ability to concentrate on a stimulus for any period of time



### Divided Attention

157

Ability to attend to two different stimuli at the same time



### Inhibition

445

Ability to control impulsive or automatic responses



### Updating Information

424

Ability to oversee actions



### Recommendations to improve

- Engage in focused tasks like reading or solving puzzles to improve attention.
- Regular aerobic exercise boosts brain function and enhances cognitive control.
- Physical activity increases dopamine, supporting sustained attention and focus.
- Limit multitasking to improve performance and concentration on single tasks.
- Create a distraction-free environment to enhance focus and attention.



401/800  
COORDINATION

### Hand Eye Coordination

368

Ability to do activities that require the simultaneous use of hands and eyes



### Response Time

433

Time that elapses from the moment something is perceived until it is reacted to



### Recommendations to improve

- o Participate in sports, dancing, or yoga to improve coordination.
- o Practise quick decision-making tasks like timed trivia, reaction games, or speed math exercises.
- o Use reaction time apps and speed puzzles for brain training through apps like Ivory.
- o Try activities like juggling or playing catch to improve coordination and enhance mental processing.
- o Using both hands in activities like playing piano or dribbling a basketball boosts brain efficiency.

# Perception

## Functional Domain Breakdown



447/800  
PERCEPTION

### Visual Perception

440

Ability to interpret information from the eyes.



### Spatial Perception

395

Ability to be aware of relationships with the environment



### Auditory Perception

478

Ability to interpret information through hearing



### Visual Scanning

282

Ability to efficiently, quickly, and actively look for information



### Estimation

504

Ability to predict actions when little information is available



### Recognition

430

Ability to identify stimuli met before



### Recommendations to improve

- o Practice puzzles and drawing to improve your ability to see and understand shapes.
- o Hobbies like photography and painting help you notice details and improve visual estimation skills.
- o Use maps on your own to increase awareness of things like distance and space.
- o Pay attention to daily details to sharpen your visual and listening skills.



Regular exercise improves brain blood flow, supports cognition, and lowers risk of Alzheimer's and dementia.



Nutrient-rich foods such as fruits, vegetables, whole grains, and omega-3s have been shown to improve memory and slow cognitive decline. Diets rich in these components, like the Mediterranean diet, offer long-term benefits for brain health by reducing inflammation and supporting cognitive function.



Restful sleep helps memory, clears brain toxins, and reduces the risk of cognitive decline and Alzheimer's.



Strong social connections improve memory and lower the risk of dementia.



Puzzles, reading, learning new skills, and playing games protect against cognitive decline.



Regular cognitive health check-ups, managing chronic conditions, and avoiding smoking/alcohol reduce cognitive decline risk.



Incorporate Omega-3 fatty acids for memory and cognition, found in flaxseeds, walnuts, chia seeds, soybeans, fatty fish, and lean meats.



Eat leafy greens, whole grains, nuts, seeds, and antioxidant-rich fruits like pomegranates and Indian gooseberries to boost brain health, focus, and memory.



Include turmeric, cinnamon, black pepper, and ginger in cooking to reduce inflammation and support cognitive function.



Eat fermented foods like yogurt, buttermilk, and traditional pickles to enhance mood and brain performance.



Cook with lentils, legumes, and whole grains for better cognitive health and energy.



Stay hydrated with water, coconut water, or fresh juices, and limit sugary snacks and processed foods to protect cognitive function.

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### END OF REPORT

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