VERSUS PROFESSIONAL DASHBOARD
USER GUIDE

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CONTENTS

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ABOUT THE DASHBOARD

INFORMATION FOR PROFESSIONALS
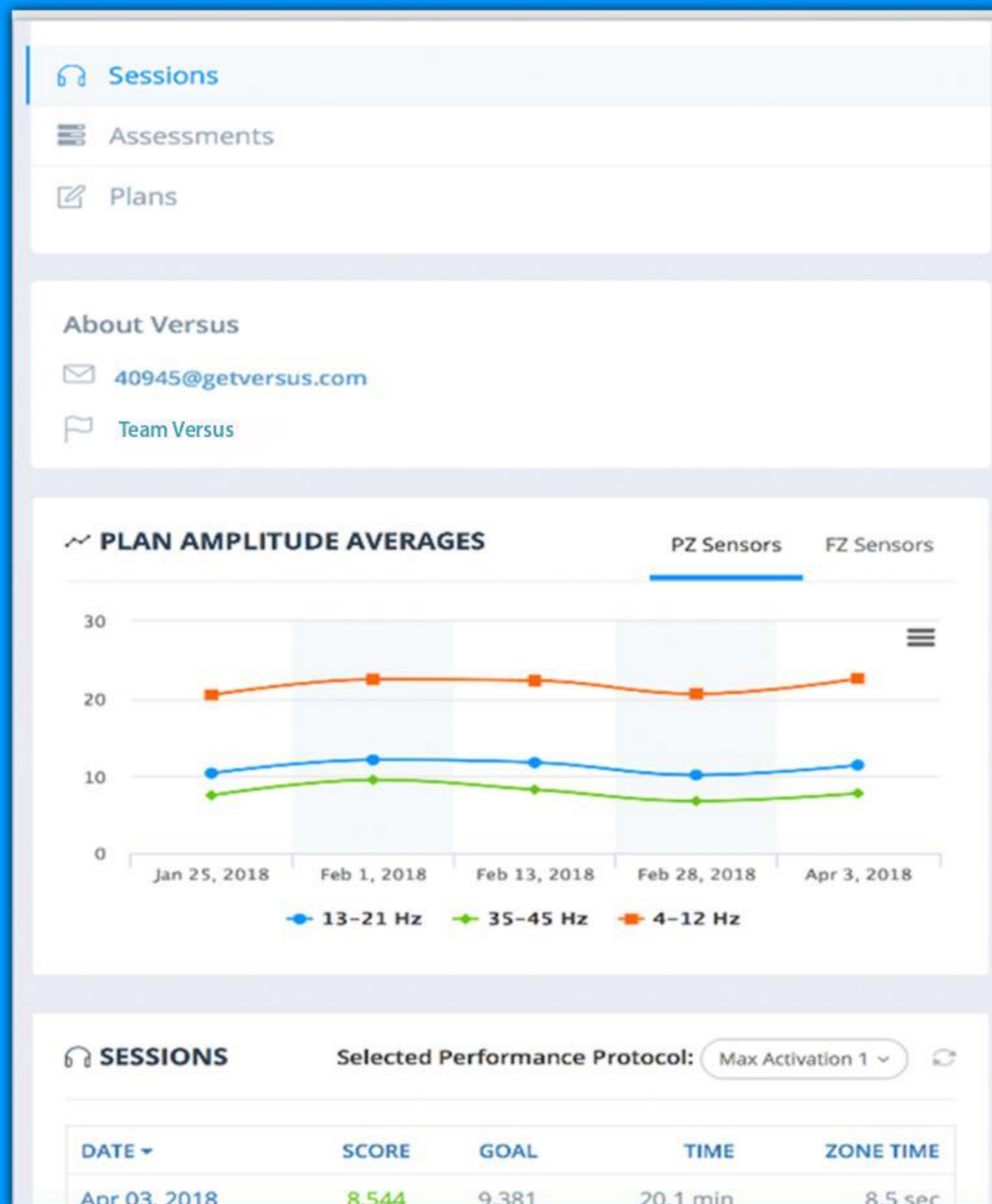
Versus built the Professional Dashboard to offer additional information and insight to professionals who are interested in more specific data points.

However, the Dashboard is intended to help all professionals, even those with no EEG knowledge, track client progress and compliance. Versus was designed to be easy to use for all your clients, even if you don't find value in all the data provided in the Dashboard.

DASHBOARD ORGANIZATION

DASHBOARD ADMINISTRATOR

TEAM OWNER 1

TEAM OWNER 2

TEAM OWNER 3

TEAM A

TEAM B

TEAM C

TEAM D

CLIENT 1

CLIENT 2

CLIENT 3

CLIENT 4

CLIENT 5

CLIENT 6

CLIENT 7

CLIENT 8
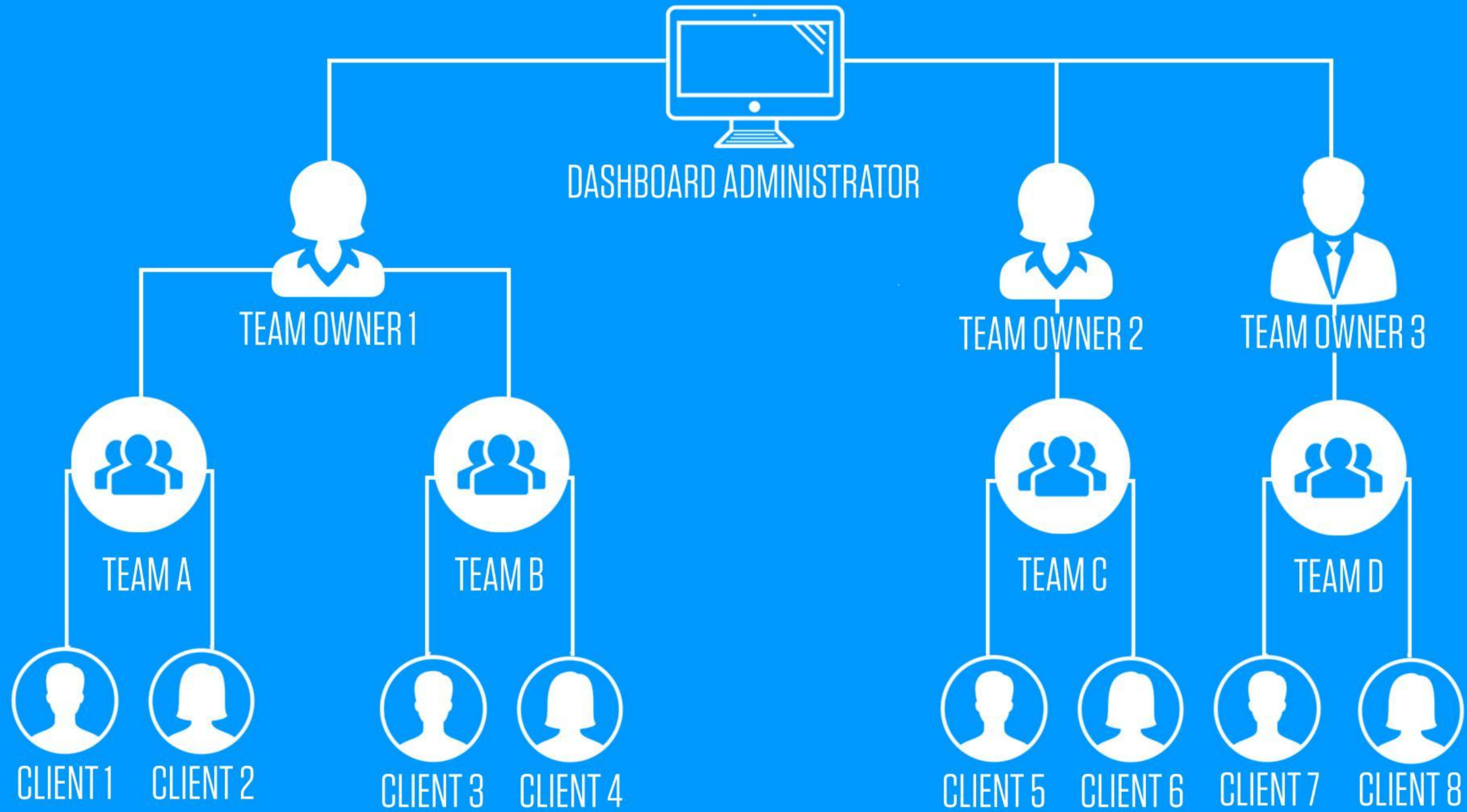
USING THE CHARTS

Chart Title

Column Title:
To sort data based on a category, select that column title.

Linked Data:
Click on data points in blue to view more information about them.

Refresh:
Click here to load any recently added data in the chart.

🎧 SESSIONS   Selected Performance Protocol: Focus Capacity 1 ▾ ⟳

DATE ▾	SCORE	GOAL	TIME	ZONE TIME
Apr 12, 2018	5,471	4,015	20.0 min	22.7 sec
Apr 11, 2018	2,471	4,015	20.2 min	1.9 sec
Apr 10, 2018	5,302	4,015	20.0 min	1.0 min
Apr 07, 2018	0	6,330	57.4 sec	0.0
Apr 04, 2018	4,015	6,330	20.0 min	0.0
Apr 03, 2018	5,882	6,330	20.0 min	14.2 sec
Apr 02, 2018	2,056	6,304	15.0 min	0.0
Apr 01, 2018	6,330	6,304	20.0 min	17.9 sec
Apr 02, 2018	0	6,304	4.6 min	0.0
Mar 26, 2018	6,304	4,270	20.0 min	6.0 sec
Mar 25, 2018	880	4,270	9.0 min	1.1 sec
Mar 24, 2018	4,270	5,737	20.5 min	15.9 sec
Mar 23, 2018	5,737	6,525	20.0 min	5.0 sec
Mar 22, 2018	6,525	7,937	20.0 min	7.6 sec
Mar 20, 2018	7,704	6,815	20.0 min	1.1 min
Mar 19, 2018	8,324	6,815	20.1 min	1.1 min
Mar 17, 2018	7,176	6,815	20.0 min	38.6 sec
Mar 13, 2018	7,937	6,815	20.0 min	23.5 sec
Mar 12, 2018	3,214	6,815	10.0 min	17.5 sec
Mar 11, 2018	6,815	8,405	20.0 min	7.3 sec
Mar 10, 2018	8,405	6,789	20.0 min	1.2 min
Mar 08, 2018	6,789	7,457	20.0 min	1.6 min
Mar 07, 2018	7,457	6,301	20.0 min	3.3 min
Mar 06, 2018	6,301	4,000	20.0 min	2.1 min

USING THE GRAPHS
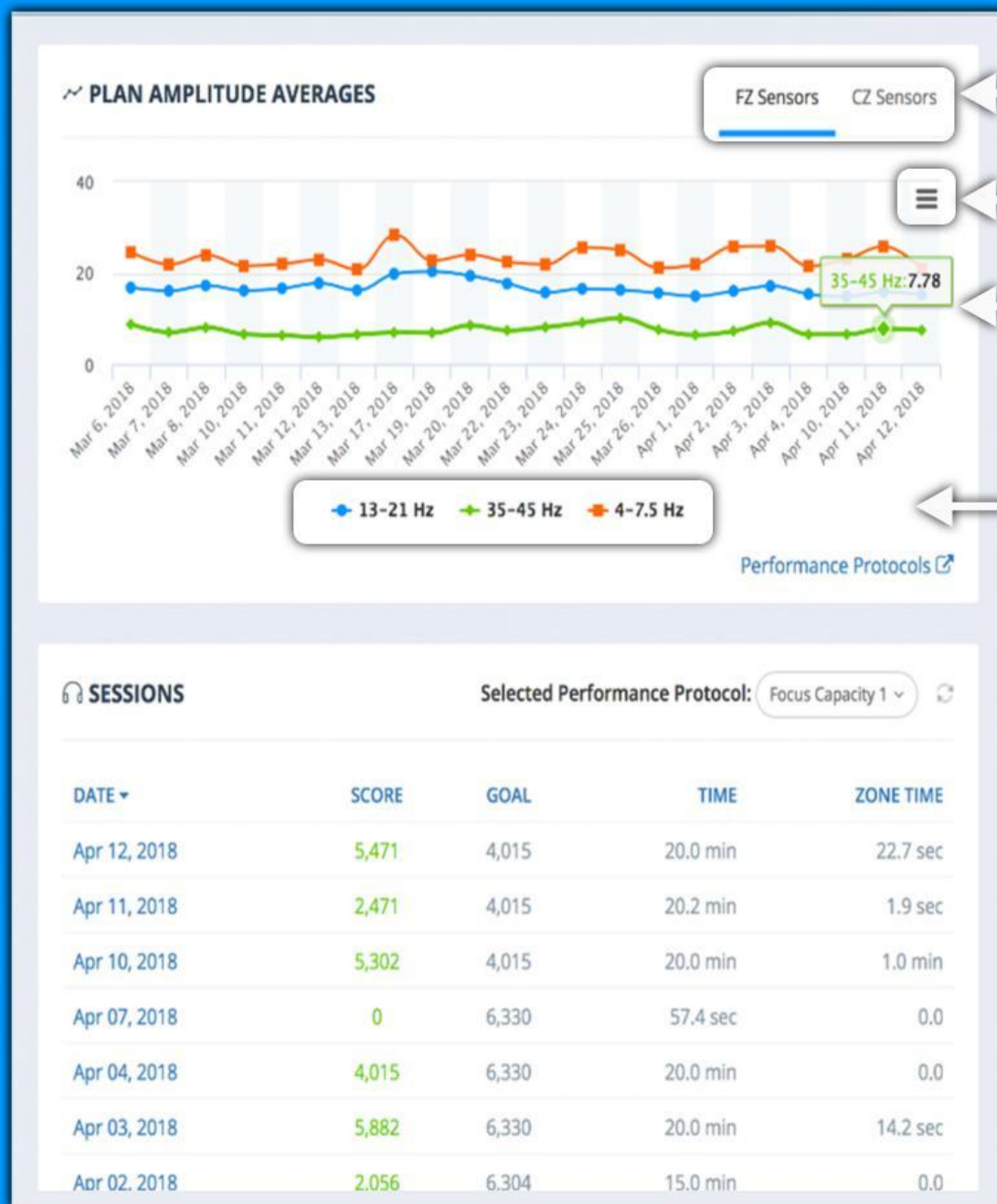
Graphs: Click here to change which data is being graphed.

Download: Click here to download the graph.

Data Points: Hover over individual data points to view the specific value.

Values: Click on these values to add or remove them from the graph.

MEASURING CLIENT SUCCESS

Please Note: These are simply suggestions for ways to measure client success. Success may mean something different for each client. Ultimately, you should determine if the client is making progress by using your own expertise and considering the client's personal goals.

SESSIONS Selected Performance Protocol: Focus Capacity 1 ∨

DATE ▾	SCORE	GOAL	TIME	ZONE TIME
Apr 12, 2018	5,471	4,015	20.0 min	22.7 sec
Apr 11, 2018	2,471	4,015	20.2 min	1.9 sec
Apr 10, 2018	5,302	4,015	20.0 min	1.0 min
Apr 07, 2018	0	6,330	57.4 sec	0.0
Apr 04, 2018	4,015	6,330	20.0 min	0.0
Apr 03, 2018	5,882	6,330	20.0 min	14.2 sec
Apr 02, 2018	2,056	6,304	15.0 min	0.0
Apr 01, 2018	6,330	6,304	20.0 min	17.9 sec
Mar 28, 2018	0	6,304	4.6 min	0.0
Mar 26, 2018	6,304	6,304	20.0 min	6.0 sec
Mar 25, 2018	880	4,270	9.0 min	1.1 sec
Mar 24, 2018	4,270	4,270	20.5 min	15.9 sec
Mar 23, 2018	5,737	5,737	20.0 min	5.0 sec
Mar 22, 2018	6,525	6,525	20.0 min	7.6 sec
Mar 20, 2018	7,704	7,937	20.0 min	1.1 min
Mar 19, 2018	8,324	6,815	20.1 min	1.1 min
Mar 17, 2018	7,176	6,815	20.0 min	38.6 sec
Mar 13, 2018			20.0 min	23.5 sec

Look at the user's session score. If a user met or surpassed the points goal for the session, that is one indication of success. The points goal for each session is based on the points the user earned in the previous session.

② COMPARE DIFFICULTY

SEGMENT TYPE	STARTED	LENGTH	POINTS ⓘ	DIFFICULTY ⓘ		LEVEL
Exercise	4:09:48 PM	2.0 min	805	Gamma_Inhibit: Beta_Augment: Theta_Inhibit:	5 4 4	10
Verification	4:09:39 PM	8.6 sec	0	none		none
Exercise	4:11:53 PM	5.0 min	1,094	Gamma_Inhibit: Beta_Augment: Theta_Inhibit:	5 4 4	10
Exercise	4:16:58 PM	5.0 min	1,097	Gamma_Inhibit: Beta_Augment: Theta_Inhibit:	2 5 4	9
Exercise	4:07:37 PM	44.6 sec	0	Gamma_Inhibit: Theta_Inhibit: Beta_Augment:	5 4 4	10
Exercise	4:22:03 PM	5.0 min	1,019	Gamma_Inhibit: Beta_Augment: Theta_Inhibit:	2 5 3	8
Verification	4:07:09 PM	17.1 sec	0	none		none
Exercise	4:07:27 PM	4.0 sec	0	Gamma_Inhibit: Theta_Inhibit: Beta_Augment:	5 4 4	10
Verification	4:08:22 PM	10.1 sec	0	none		none
Verification	4:05:48 PM	16.0 sec	0	none		none
Verification	4:07:31 PM	6.1 sec	0	none		none
Exercise	4:08:32 PM	1.1 min	0	Gamma_Inhibit: Theta_Inhibit:	5 4	10

SESSION SEGMENTS | Filter By ⌄

If a user accumulated fewer points than expected during a session, **look at the game level and difficulty level for that session**. Users may not have been able to reach their points goal because they were moved to a higher level for that session. If users were still able to accumulate points at an increased game and/or difficulty level, this is an indication of their success.

③ ANALYZE SESSION TRENDS

SESSIONS			Selected Performance Protocol:	Focus Capacity 1 ⌄	↻
DATE ▾	**SCORE**	**GOAL**	**TIME**	**ZONE TIME**	
Apr 12, 2018	5,471	4,015	20.0 min	22.7 sec	
Apr 11, 2018	2,471	4,015	20.2 min	1.9 sec	
Apr 10, 2018	5,302	4,015	20.0 min	1.0 min	
Apr 07, 2018	0	6,330	57.4 sec	0.0	
Apr 04, 2018	4,015	6,330	20.0 min	0.0	
Apr 03, 2018	5,882	6,330	20.0 min	14.2 sec	
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Apr 01, 2018	6,330	6,304	20.0 min	17.9 sec	
Mar 28, 2018	0	6,304	4.6 min	0.0	
Mar 26, 2018	6,304	4,270	20.0 min	6.0 sec	
Mar 25, 2018	880	4,270	9.0 min	1.1 sec	
Mar 24, 2018	4,270	5,737	20.5 min	15.9 sec	
Mar 23, 2018	5,737	6,525	20.0 min	5.0 sec	
Mar 22, 2018	6,525	7,937	20.0 min	7.6 sec	
Mar 20, 2018	7,704	6,815	20.0 min	1.1 min	
Mar 19, 2018	8,324	6,815	20.1 min	1.1 min	
Mar 17, 2018	7,176	6,815	20.0 min	38.6 sec	
Mar 13, 2018	7,937	6,815	20.0 min	23.5 sec	

Look at the user's between-session trends in score and zone time. Although they may be affected by changing game and difficulty levels, the amount of points and zone time accumulated by the user should generally increase in each subsequent session on a specific protocol.

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④ VIEW ASSESSMENT TRENDS
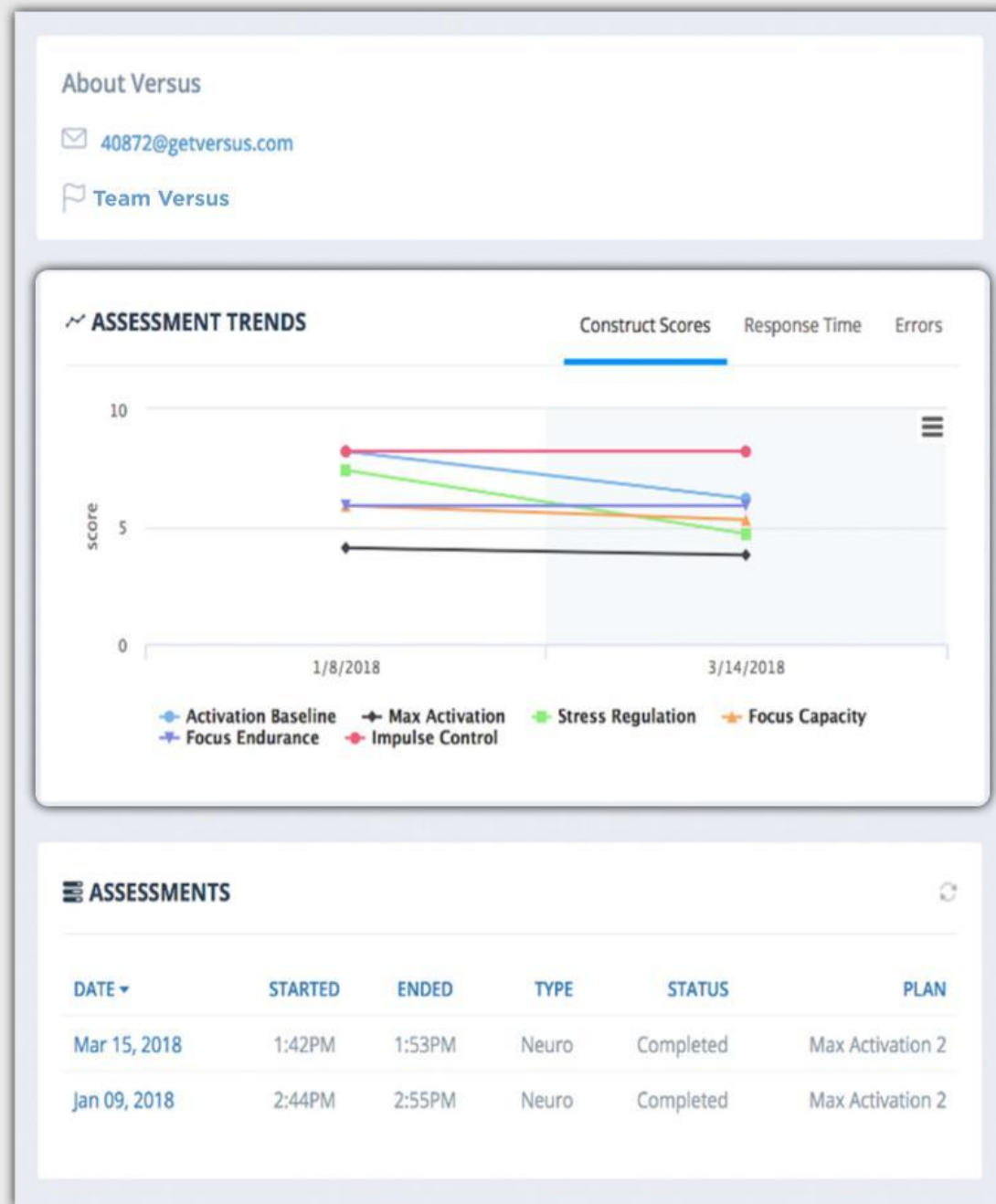
Look at the user's between-assessment trends. In general, you should look for the user's lowest construct scores to move closer to the "good" range (4-7). Additionally, the user's response time, variability, and number of errors are expected to decrease across assessments, especially for users on focus plans.

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GETTING STARTED

① MAKE YOUR PURCHASE

To purchase the Versus Professional Dashboard, visit the Versus store at: getversus.com/store

Dashboard Package Options:

- 1-10 Clients
- 11-20 Clients
- Unlimited Clients:
  Includes 3 Months **Free**

② LOG IN TO THE DASHBOARD

1. Go to: app.getversus.com

2. Use the admin. email and password that you registered to log in to your Professional Dashboard.

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DASHBOARD HOMEPAGE

Provides an overview of the activity completed by the clients on your team(s). From this page you can navigate to your clients' individual pages, your team pages, and your own data page.

NAVIGATION PANE
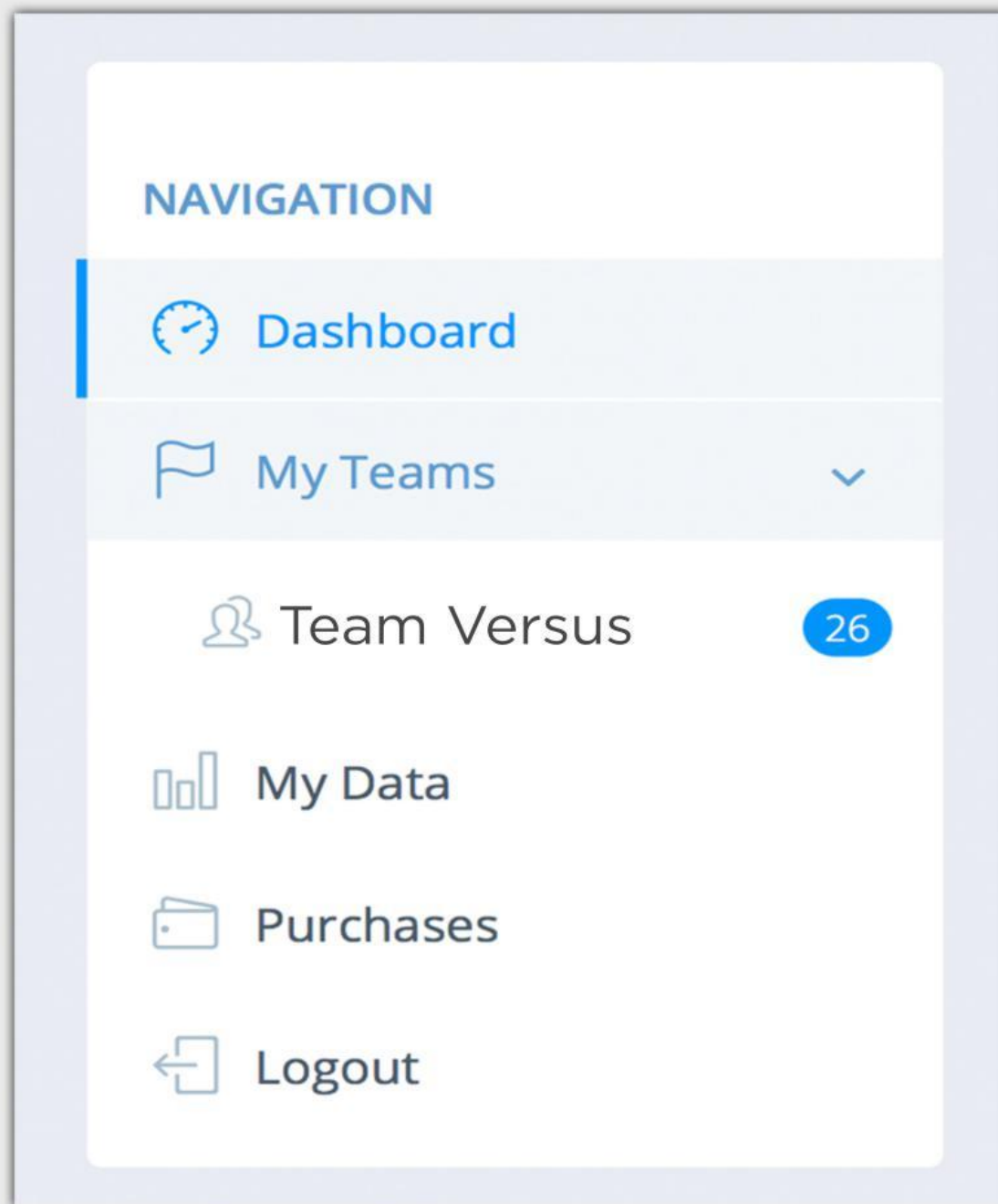
Dashboard: Access an overview of all activity linked to your account.

My Teams: View the groups of users you're managing. Click on the team name to view more data on that team and its members.

Team Membership: The number in blue shows how many members are on each team.
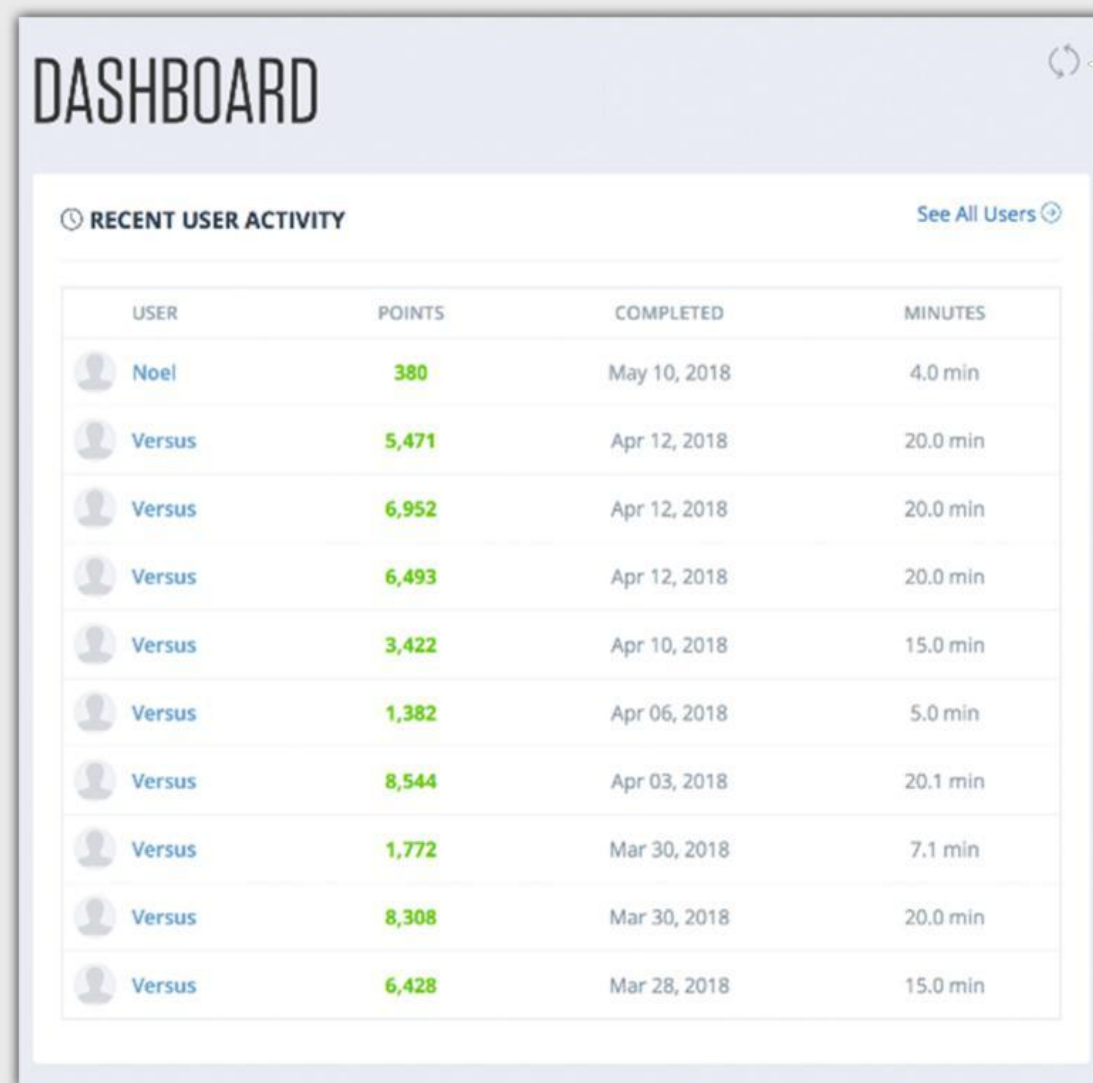
My Data: View your personal Versus data, edit your personal exercise plan, and update your account settings.

Purchases: View and assign the purchases you've made.

Logout: Log out of your dashboard account.

RECENT ACTIVITY

Shows most recent **exercise session** activity completed by clients.

Refresh: Click here to load any recently added data in the chart.

User: Click on the client's first name to view their data.

Points: The amount of points the client earned in their most recent exercise session.

Completed: The date that the client completed their most recent exercise session.

Minutes: The amount of time the client exercised in their most recent session.

ACTIVITY SUMMARY

NUMBER OF TEAMS

1

TOTAL MEMBERS

26

MOST ACTIVE PLAN POINTS

VERSUS ATHLETE

125,365

MOST ACTIVE PLAN SESSIONS

VERSUS ATHLETE

24
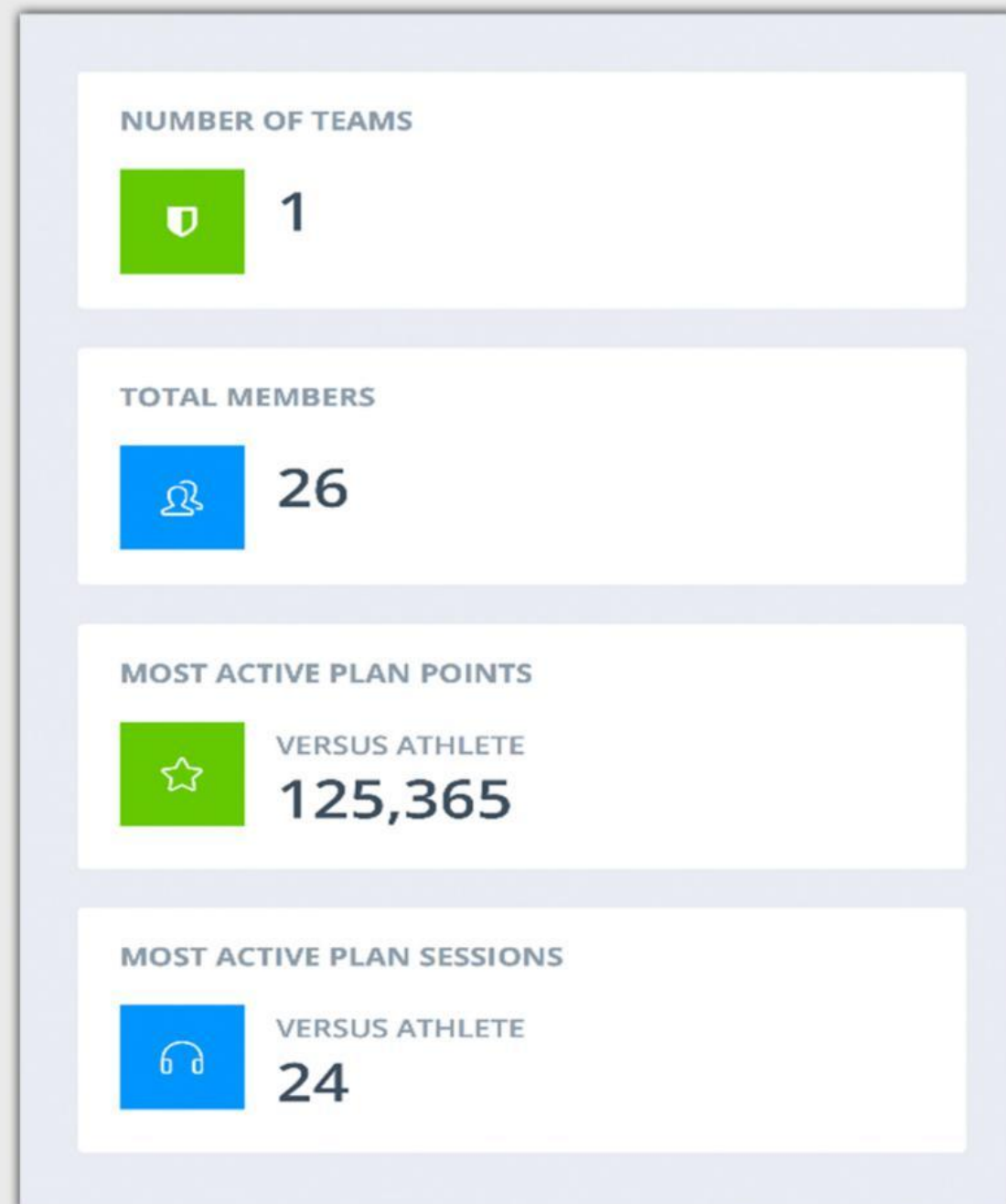
Number of Teams: The number of groups of clients you are managing.

Total Members: The total number of clients who are on your dashboard.

Most Active Plan Points: The client with the highest number of points on their current exercise plan.

Most Active Plan Sessions: The client who has completed the highest number of exercise sessions on their current exercise plan.

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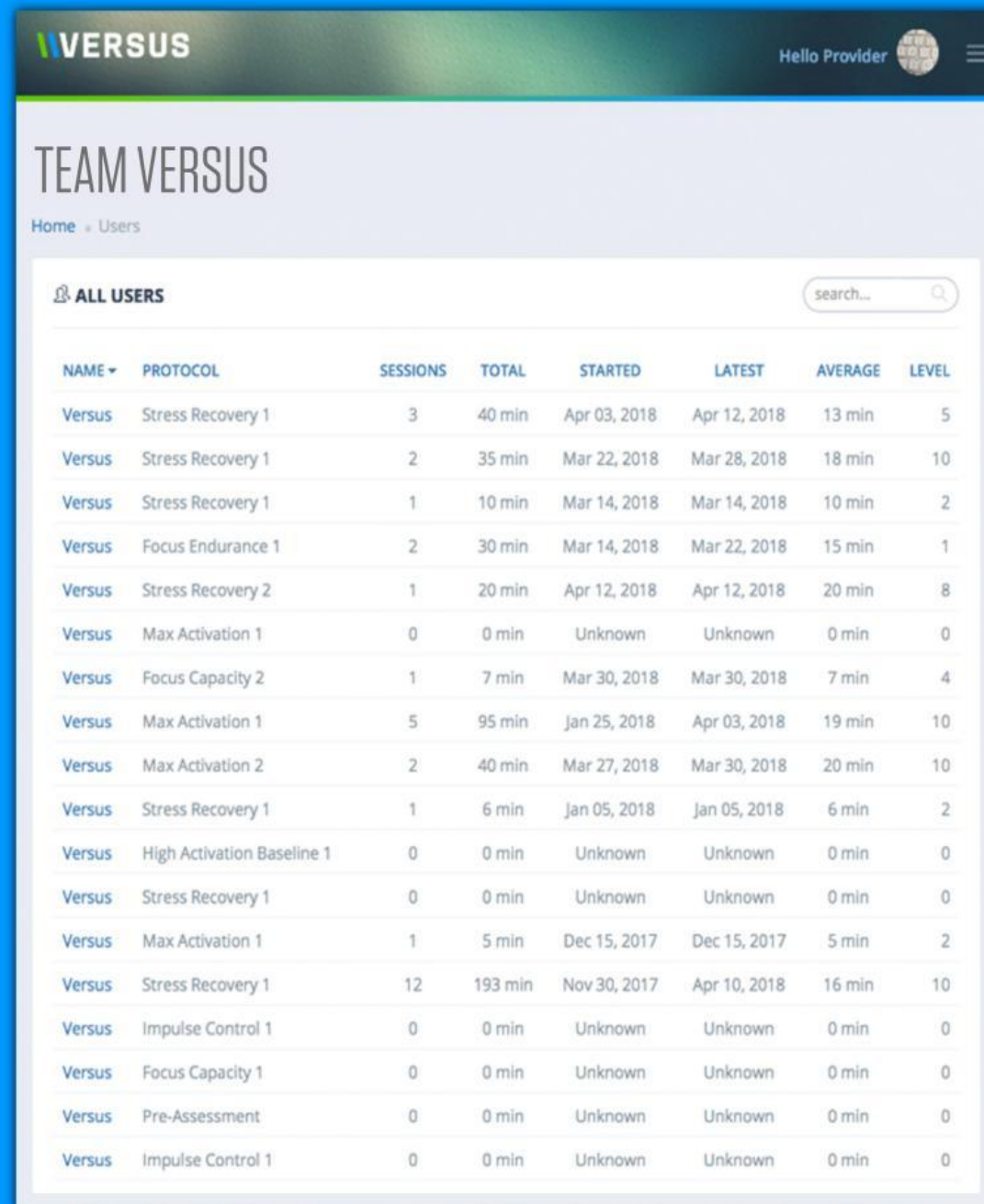
TEAM PAGE

Provides an overview of the activity completed by all members of the selected team. Use this page to navigate to your clients' individual pages.

NAVIGATING TO THE TEAM PAGE
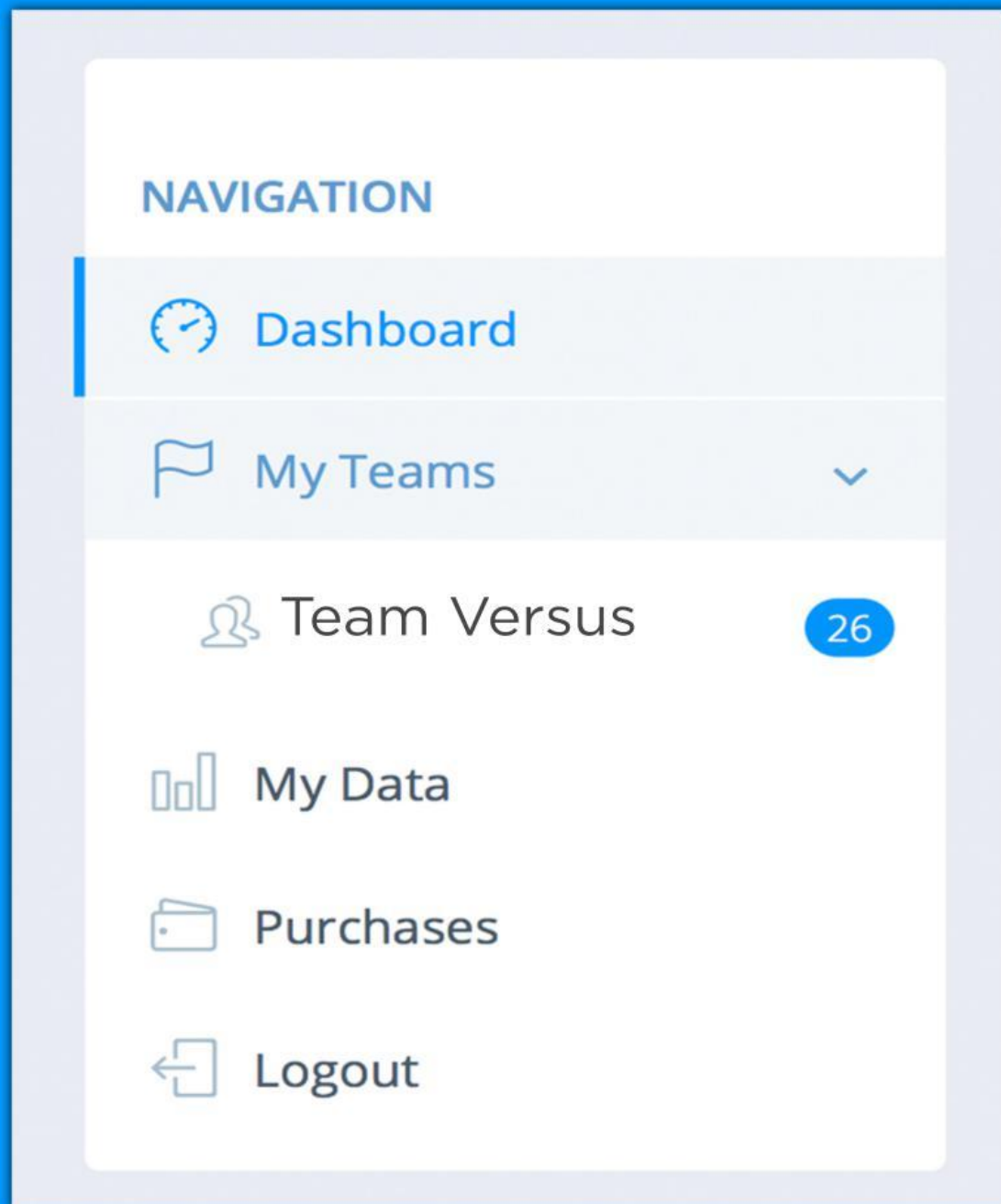
1. From the Navigation Pane, select "My Teams".

2. Click on the name of the team whose data you wish to view.

TEAM PAGE

Name: Select a client's first name to see their data.

Protocol: The current performance protocol that is assigned to the client.

Sessions: The total number of exercise sessions that the client has completed on their current performance protocol.

Total: The total amount of time that the user has completed on their current performance protocol.

Started: The date the user started exercising on their current performance protocol.

Latest: The date that the user most recently exercised on their current performance protocol.

Average: The average amount of time that the user has completed per session on their current performance protocol.

Level: The game level on the client's current performance protocol. This level is visible to the user in-app.

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USER PAGE

Provides an overview of all the sessions completed by the selected user. From this page you can navigate to the user's individual session pages, assessments page, and plans page.

NAVIGATING TO A USER'S PAGE

1. From the Dashboard Homepage or the Team Page, click on the name of the client whose data you would like to view.

USER DETAILS PANE

Sessions: The number of daily sessions the user has completed on their current performance protocol.

Minutes: The amount of time the user has completed on their current performance protocol.

Level: The game level on the client's current performance protocol. This level is visible to the user in-app.

Points: The total points that the user has earned on their current performance protocol.

USER DETAILS

Noel Smith
FOCUS CAPACITY 1

24	421
SESSIONS	MINUTES
7	125,365
LEVEL	POINTS

🎧 Sessions

☰ Assessments

✎ Plans

About Versus

✉ 40425@getversus.com

⚑ Team Versus

Protocol:
The client's current performance protocol.

Sessions:
Click to view the session history per protocol.

Plans:
Click to view and edit the user's exercise plan data.

Assessments:
Click to view the client's assessment data.

Client Email Address

Team Name

PLAN AMPLITUDE AVERAGES

This graph shows the amplitude averages per protocol sensor across time.

Sensor Sites: Select the sensor site for which you would like to view data. The listed sensor sites will depend on the performance protocol for which you are viewing data.

Protocol History: The default view for this table is the current performance protocol. Use this dropdown to view past protocol data. The Plan Amplitude Averages graph (above) will reflect the selected plan.

SESSION DATA

This graph provides a summary of all sessions that the user has completed on the selected performance protocol.

⌂ SESSIONS		Selected Performance Protocol: Focus Capacity 1 ⌄		
DATE ▾	SCORE	GOAL	TIME	ZONE TIME
Apr 12, 2018	5,471	4,015	20.0 min	22.7 sec
Apr 11, 2018	2,471	4,015	20.2 min	1.9 sec
Apr 10, 2018	5,302	4,015	20.0 min	1.0 min
Apr 07, 2018	0	6,330	57.4 sec	0.0
Apr 04, 2018	4,015	6,330	20.0 min	0.0
Apr 03, 2018	5,882	6,330	20.0 min	14.2 sec
Apr 02, 2018	2,056	6,304	15.0 min	0.0
Apr 01, 2018	6,330	6,304	20.0 min	17.9 sec
Mar 28, 2018	0	6,304	4.6 min	0.0
Mar 26, 2018	6,304	4,270	20.0 min	6.0 sec
Mar 25, 2018	880	4,270	9.0 min	1.1 sec
Mar 24, 2018	4,270	5,737	20.5 min	15.9 sec
Mar 23, 2018	5,737	6,525	20.0 min	5.0 sec
Mar 22, 2018	6,525	7,937	20.0 min	7.6 sec
Mar 20, 2018	7,704	6,815	20.0 min	1.1 min
Mar 19, 2018	8,324	6,815	20.1 min	1.1 min
Mar 17, 2018	7,176	6,815	20.0 min	38.6 sec
Mar 13, 2018	7,937	6,815	20.0 min	23.5 sec
Mar 12, 2018	3,214	6,815	10.0 min	17.5 sec
Mar 11, 2018	6,815	8,405	20.0 min	7.3 sec
Mar 10, 2018	8,405	6,789	20.0 min	1.2 min
Mar 08, 2018	6,789	7,457	20.0 min	1.6 min
Mar 07, 2018	7,457	6,301	20.0 min	3.3 min

Date: The date the session was completed. **Click on the date to view more information about this session.**

Score: The amount of points the user earned during that exercise session.

Goal: The points goal that was assigned to the user for that exercise session. This goal is based on how well the user did in the previous exercise session.

Time: The amount of time the user exercised during that session.

Zone Time: The amount of time that the user was in the optimal zone during that session.

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SESSION DETAILS

Provides information about the selected exercise session completed by the user.

NAVIGATING TO A SESSION PAGE

1. From the "Sessions" section on the User Page, select the performance protocol for which you would like to see data.

2. Click on the date for which you would like to view session data.

SESSION SUMMARY

Session Time:
- **Total Min:** The length of the exercise session.

- **Optimal Sec:** The amount of time that the user was in the optimal zone during that session.

Total Session Points:
- **Neuro:** The standard points earned during that session.

- **Optimal:** The points earned during that session for being in the optimal zone.

Headset Name: The serial number of the headset used during that exercise session.

SESSION SEGMENTS

Filter By: Click to filter the data to only show Verification, Exercise, or TD segments.

Segment Type:

- **Verification**: The user was connecting the headset.

- **Exercise**: The user was playing the games.

- **TD**: The user was completing the warm-up.

Started: The time the user started that segment of their session.

Length: The amount of time the user was doing that activity.

SESSION SEGMENTS

SEGMENT TYPE	STARTED	LENGTH	POINTS ⓘ	DIFFICULTY ⓘ		LEVEL
Verification	4:46:46 PM	1.1 min	0	none		none
Exercise	4:47:49 PM	53.9 sec	0	Gamma_Inhibit: Theta_Inhibit: Beta_Augment:	2 3 5	8
Verification	4:48:44 PM	39.9 sec	0	none		none
Exercise	4:49:24 PM	3.7 min	0	Gamma_Inhibit: Theta_Inhibit: Beta_Augment:	1 3 5	7
Verification	4:53:09 PM	7.2 sec	0	none		none
Exercise	4:53:17 PM	19.1 sec	0	Gamma_Inhibit: Theta_Inhibit: Beta_Augment:	1 3 5	7
Verification	4:53:36 PM	9.0 sec	0	none		none
Exercise	4:53:45 PM	3.1 sec	1,241	Gamma_Inhibit: Beta_Augment: Theta_Inhibit:	1 5 3	7
Exercise	4:53:53 PM	1.2 min	0	Gamma_Inhibit: Theta_Inhibit: Beta_Augment:	1 3 5	7
Verification	4:55:03 PM	10.9 sec	0	none		none
Exercise	4:55:14 PM	44.0 sec	0	Gamma_Inhibit: Theta_Inhibit: Beta_Augment:	1 3 5	7
Verification	4:55:59 PM	9.4 sec	0	none		none
Exercise	4:56:08 PM	3.1 min	1,544	Gamma_Inhibit: Beta_Augment: Theta_Inhibit:	1 5 2	6
Exercise	4:59:21 PM	5.0 min	1,502	Gamma_Inhibit: Beta_Augment: Theta_Inhibit:	2 5 2	7
				Gamma_Inhibit:	2	

Points: The amount of NeuroPoints the user accumulated during that specific segment. The better the user is doing at producing the more optimal brain state, the more points they will earn.

Difficulty: The difficulty level (1-10) for each frequency band being monitored during that segment. Users do not see the difficulty in the app, as it automatically moves up and down based on how well the user is doing.

Level: The game level achieved during that segment. This level is visible to the user in-app.

ⓘ Click on this icon for more information about the associated topic.

SESSION AMPLITUDE AVERAGES

This graph shows the average amplitude values for the protocol-specific frequency bands and sensor sites during each game.
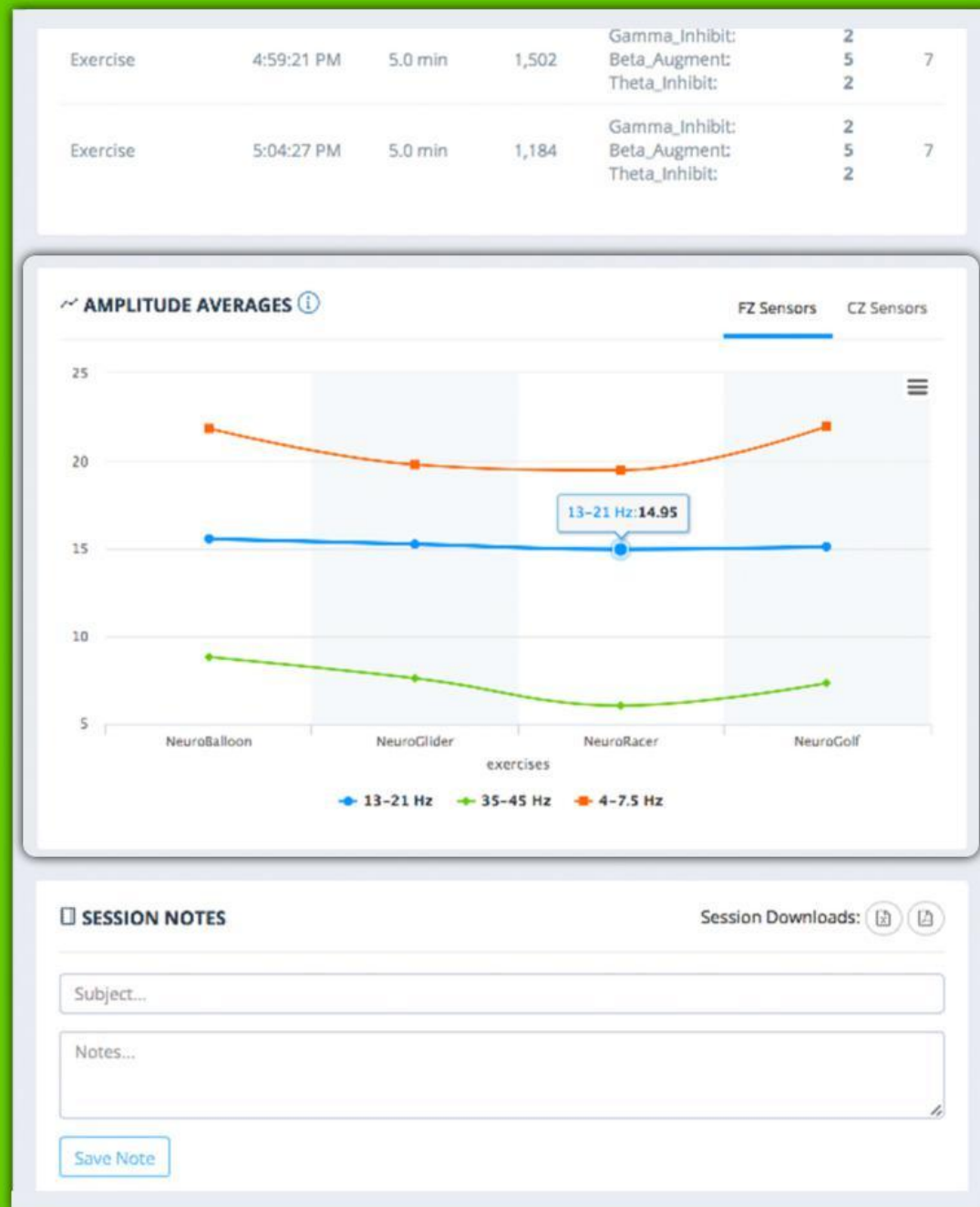
To see which direction each frequency band is supposed to go, review the Performance Protocols on the Versus support site. Select the information button to learn more about amplitude averages.

- Example: In the image to the left, the blue (15-45 Hz) and the green (4-7.5 Hz) frequency bands should trend down and the orange (8-12 Hz) should trend up for all 3 sensor sites.

- While there will be individual day differences, when you don't see the desired trend, it provides you an opportunity to discuss with the client how that session or game felt.

This chart is geared toward professionals with an intimate knowledge of EEG. Therefore, it may be less helpful for some. The session points, level, and difficulty may be more relevant metrics for these individuals to monitor and review.

SESSION NOTES

You can record your notes about a session here. Notes may include information about the user's relevant dietary changes (such as caffeine consumption), medication, and other factors that may affect the results of the session. Currently, only providers can add session notes via the Dashboard.

To save your note, click "Save Note". Your note will be available in this session screen.

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ASSESSMENTS

Provides an overview of all assessments that the selected user has completed.

NAVIGATING TO THE ASSESSMENTS PAGE
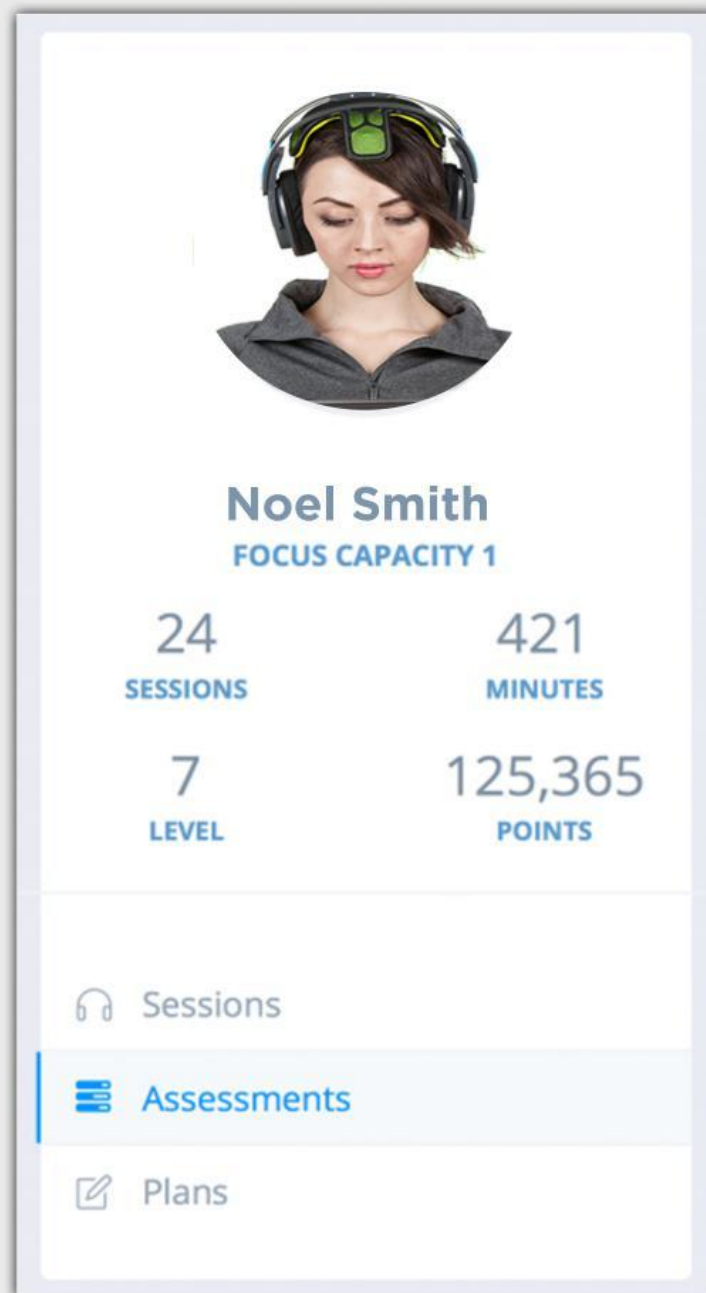
1. From the user's page, select the Assessments tab.

ASSESSMENT TRENDS: CONSTRUCT SCORES
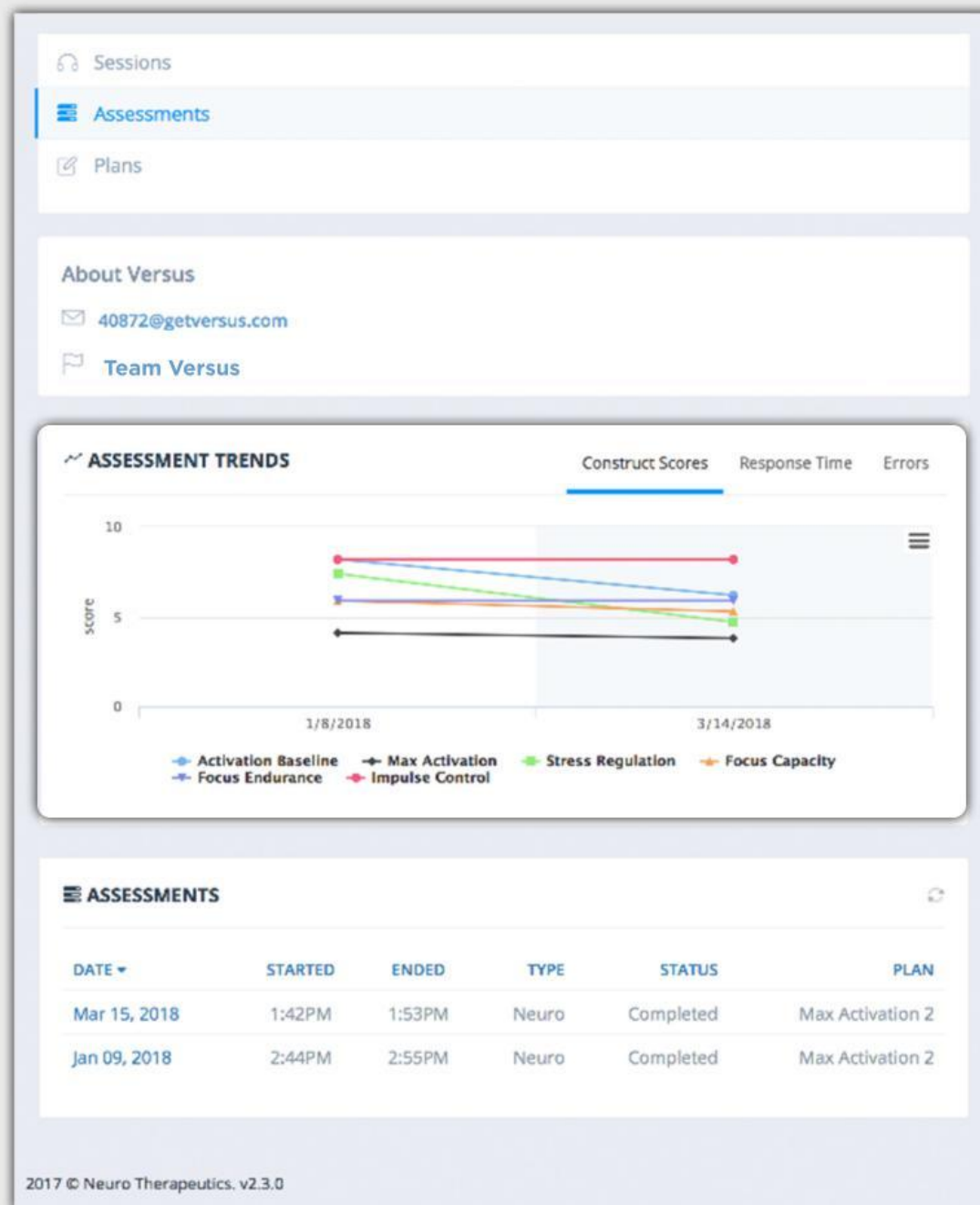
The assessment provides 6 construct scores that determine which protocol the user is assigned. This graph shows the trends in construct scores across the user's different assessments.

The goal is a balanced profile (1-3=Low, 4-7=Good, 8-10=High). Scores in the "low" zone are considered weaknesses and have more weight in determining which protocol users are assigned. Scores in the "high" range aren't necessarily good. The aim is not to be "high" in everything, but rather to be in the "good" range for most constructs.

From one assessment to the next, you may not see all the constructs trend upward. You should focus on the constructs most impacted by the protocol most recently completed. You can hide the constructs of less interest to you by clicking on them at the bottom of the graph.

ASSESSMENT TRENDS: RESPONSE TIME
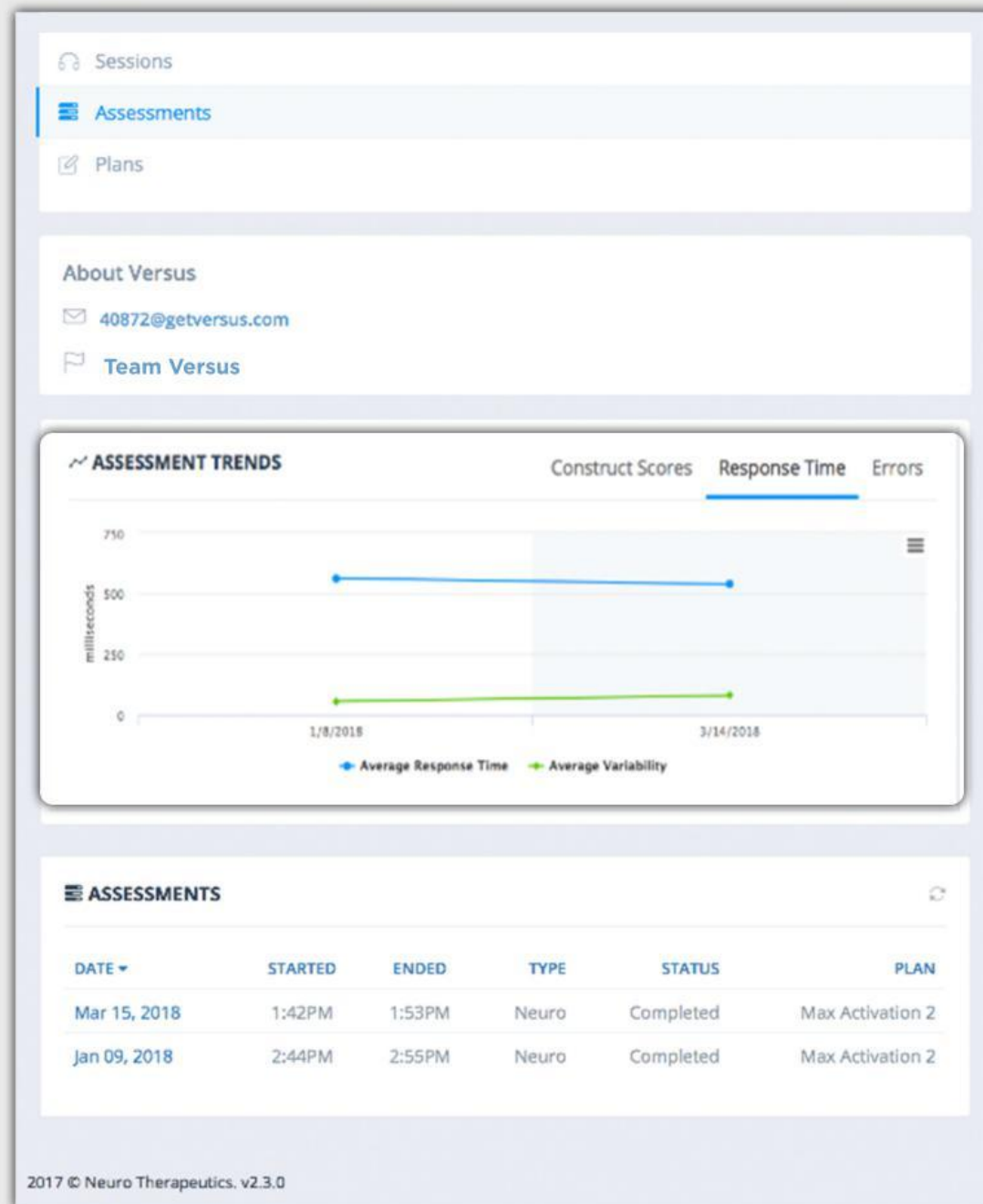
This graph shows how the user's response time and the variability of that response time during the Continuous Performance Task (CPT) changed between assessments. Over time, the user's response time and the variability of that response time should decrease, especially for those on a focus protocol.

ASSESSMENT TRENDS: ERRORS
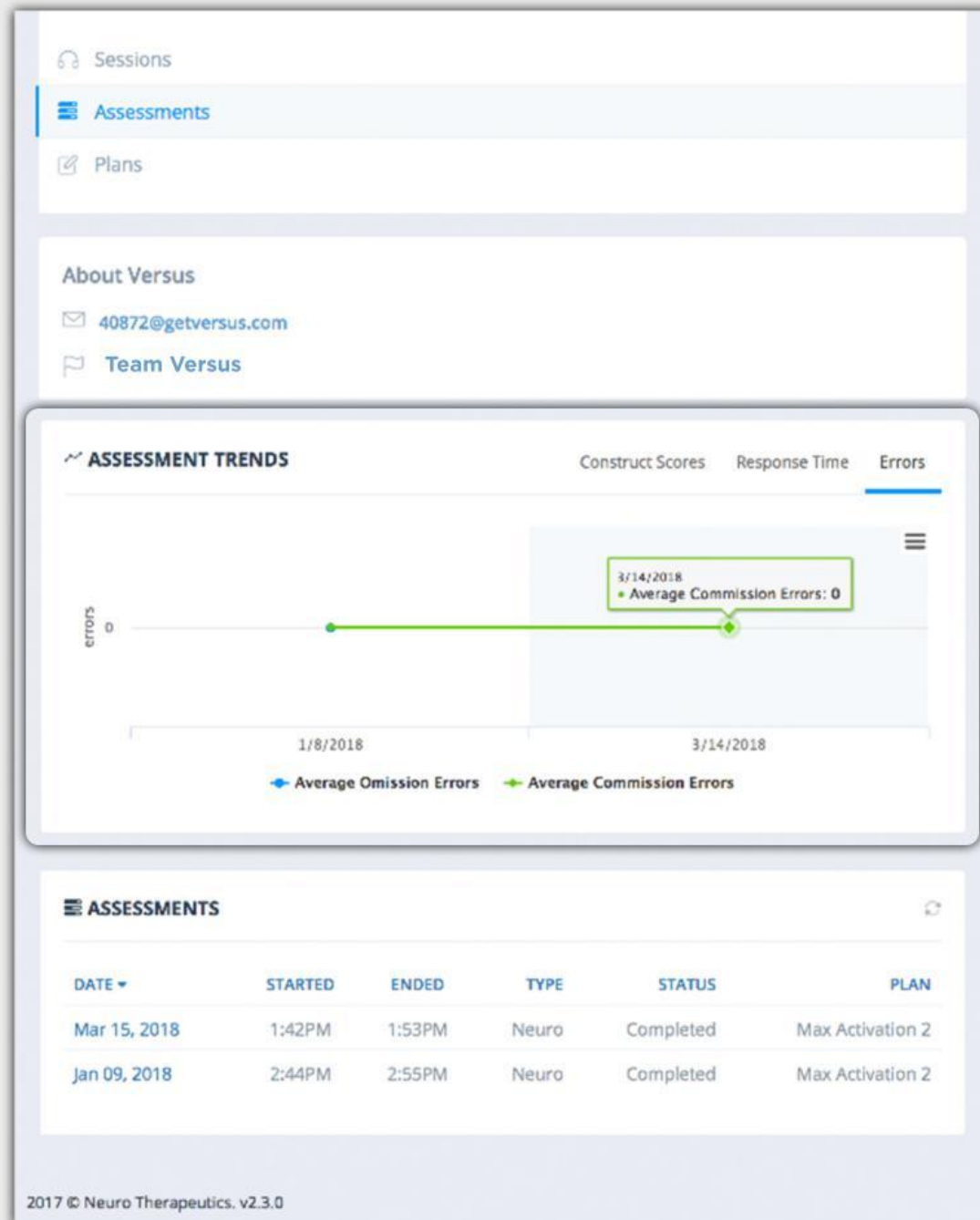
This graph shows how the user's average **omission errors** (failure to tap on a target) and **commission errors** (tapping on non-targets) in the CPT varied between different assessments. Over time, the number of errors the user makes should decrease.

⫼VERSUS

NPA DETAIL

Provides detailed results of the NeuroPerformance Assessment
(NPA) completed by the user on the selected date.

NAVIGATING TO AN NPA DETAIL PAGE

1. From the Assessments page, select the date of the assessment you would like to view.

POWER RATIOS

Both power ratios represent baseline EEG metrics taken from the eyes closed task and offer a validated interpretation.

Stress Capacity: A measure of how active the user's mind is at rest. The closer this measure is to 0, the more overactive the user's mind. As this number increases from 12, the more under activated the user's mind is. For instance, a user with a ratio of 15 might experience significant difficulties with engagement.

Focus Capacity: A measure that reflects the user's ability to focus. The closer this measure is to 0, the greater the user's ability to focus. As this number increases from 3, it is relative to the difficulty the user may have with focus. For instance, a user with a ratio of 10 may experience substantial attention difficulties.

INTERPRETATION

This is a written explanation of what the user's assessment results mean and how the user should act on them.

Scroll: Use this bar to scroll up and down and read the entire interpretation.

CONSTRUCT SCORES

Construct scores are the 6 measures calculated during the assessment. The user will be assigned a performance protocol based on these constructs.

Constructs & Definitions: Click to visit our support site and learn more about these construct scores.

Data Points: Hover over the bars to view the specific construct values.

RESPONSE TIME & VARIABILITY

This chart shows the response time and variability for each of the 5 segments of the Continuous Performance Task (CPT).

CPT: The CPT consists of 5 segments that change in demand level. The first 2 segments (TCPT1 and TCPT2) are low demand, the next 2 (TCPT3 and TCPT4) are high demand, and the 5th is low demand. This allows you to identify how a person responds to less engaging and more demanding tasks and their ability to shift appropriately.

Response Time: Indicates how quickly the user was able to recognize and tap the targets during the Continuous Performance Task (CPT).

Variability: Indicates how much the user's response time varied during the Continuous Performance Task (CPT).

ERRORS

This chart shows how many errors the user made during each of the 5 segments of the Continuous Performance Task (CPT) portion of the assessment.

Omission Errors: Failure to tap the screen for targets. This type of error reflects a more inattentive style.

Commission Errors: Tapping the screen on non-targets. This type of error reflects a more impulsive style.

ASSESSMENT AMPLITUDE VALUES

This chart shows the average amplitude values recorded for each sensor site and frequency band during all the segments of the assessment.

Task Description

Frequency Band: Versus records the 7 standard frequency bands throughout the assessment.

Segment: The segment of the assessment and the nature of the task (high or low demand) as indicated by the arrow.

Sensor Site: Versus records from all 5 sensor sites throughout the assessment.

⚡ **AMPLITUDE VALUES** ↓ = Low Demand Task | ↑ = High Demand Task

Segment		DELTA		THETA		ALPHA
Eyes Closed	c3:	29.119	c3:	38.260	c3:	119.674
	c4:	32.253	c4:	33.867	c4:	70.950
	cz:	54.325	cz:	61.963	cz:	68.150
	fz:	36.257	fz:	31.956	fz:	46.961
	pz:	38.806	pz:	43.801	pz:	145.954
↓ CPT1	c3:	32.398	c3:	21.987	c3:	74.727
	c4:	43.552	c4:	22.332	c4:	30.356
	cz:	50.793	cz:	36.903	cz:	39.554
	fz:	37.876	fz:	25.645	fz:	31.893
	pz:	30.609	pz:	23.239	pz:	46.754
↓ CPT2	c3:	29.108	c3:	22.992	c3:	105.213
	c4:	38.458	c4:	19.558	c4:	32.133
	cz:	46.621	cz:	26.740	cz:	41.445
	fz:	35.388	fz:	23.823	fz:	32.314
	pz:	28.630	pz:	21.668	pz:	57.446
↑ CPT3	c3:	31.205	c3:	19.631	c3:	49.751
	c4:	45.023	c4:	19.111	c4:	28.955
	cz:	41.556	cz:	27.301	cz:	34.744
	fz:	34.206	fz:	24.363	fz:	34.279
	pz:	33.264	pz:	23.228	pz:	39.272
↑ CPT4	c3:	26.008	c3:	18.065	c3:	32.980
	c4:	37.063	c4:	19.816	c4:	26.985
	cz:	35.057	cz:	25.234	cz:	29.755
	fz:	31.538	fz:	20.406	fz:	30.271
	pz:	28.260	pz:	23.707	pz:	36.638
↓ CPT5	c3:	26.846	c3:	23.650	c3:	60.148
	c4:	30.655	c4:	25.014	c4:	59.171
	cz:	37.750	cz:	32.783	cz:	36.356
	fz:	34.821	fz:	29.152	fz:	35.781
	pz:	32.980	pz:	26.703	pz:	60.194

ASSESSMENT NOTES

You can record your notes about an assessment here. Notes may include information about relevant user dietary changes (such as caffeine consumption), medication, and other factors that may affect the results of the assessment. Currently, only providers can add assessment notes via the Dashboard.
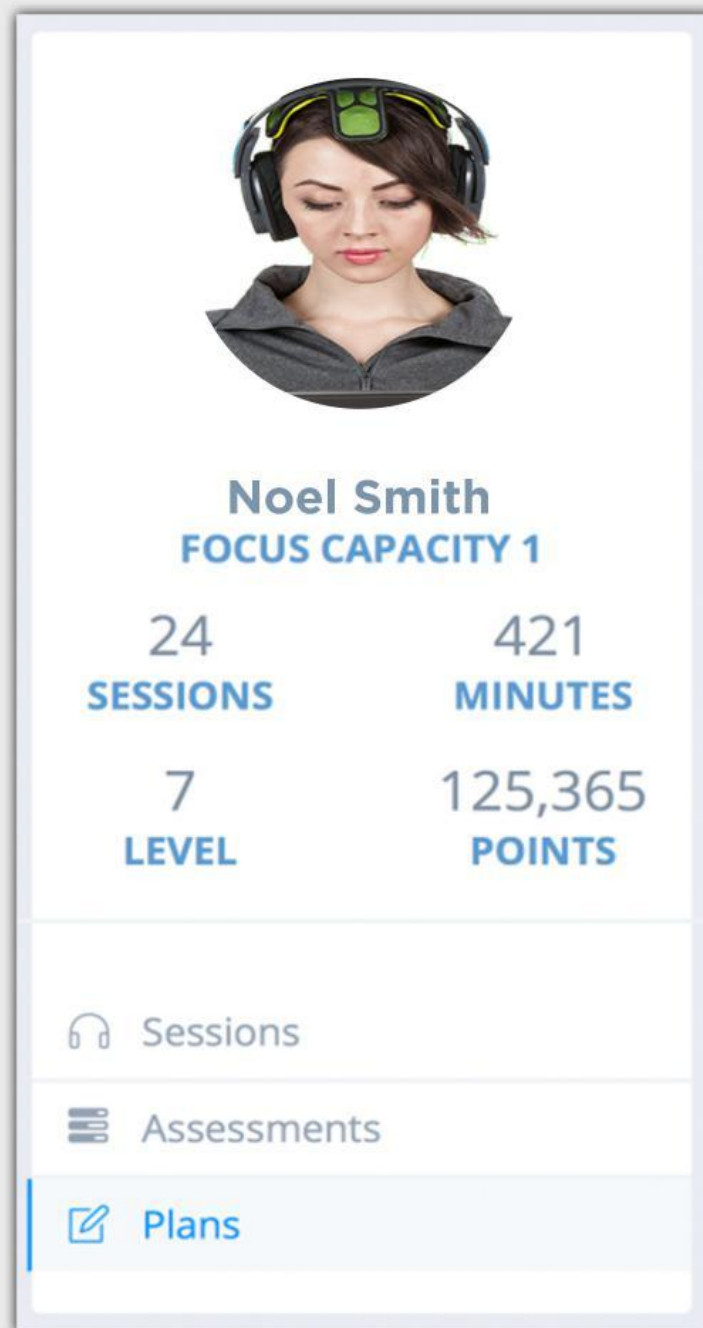
Save Note: Click to save your notes about the assessment.

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USER PLANS

View, change, or create new exercise plans for the selected user.

NAVIGATING TO A USER'S PLANS PAGE

1. From the user's page, select the Plans tab.

USER PLANS

New Plan: Click here to create a new exercise plan.

Current Plan

Assessment: Click here to view the assessment results that assigned this protocol.

Previous Plan(s): All plans which were previously created and/or made active. Select the plan name to view more details.

PLAN DETAILS

Started: Date the user started the exercise plan.

Expected Plan Duration: How long the user will be expected to exercise on that plan until they'll be eligible to complete a new assessment.

Total Time Completed: Amount of time the user exercised on that protocol.

Game Level: User's current game level on the protocol.

Latest Session: The date of the user's most recent exercise session on the protocol.

Ended: Date the user finished the plan.

Expected Session Duration: How long the user is expected to exercise during each daily session.

Optimal Time Completed: How much time the user has spent in the optimal zone on the selected plan.

Highest Game Level: The highest game level that the user has reached while exercising on the selected plan.

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CREATING A NEW PLAN

① ADD A NEW PLAN

From the Plans page, select the Add a New Plan button.

② SELECT THE PROTOCOL

☑ **NEW EXERCISE PLAN**

Versus Performance Protocols ↗

Select A Protocol

✓ Select...
Stress Recovery 1
Stress Recovery 2
Stress Regulation 1
Stress Regulation 2
Max Activation 1
Max Activation 2
Focus Capacity 1
Focus Capacity 2
Impulse Control 1
Impulse Control 2
Focus Endurance 1
Focus Endurance 2
High Activation Baseline 1
High Activation Baseline 2

From the dropdown menu, select the type of Performance Protocol you would like to create.

EDIT DURATION

Expected Plan Duration and Expected Session Duration will auto fill to the standard Versus times. To adjust these times, you can arrow up and down or type in your desired value.

ABOUT PLAN DURATION

Plans are designed to keep a user active on a specific protocol for a designated period of time. The standard Versus plan is 450 minutes (~8 hours). This is derived from our work with high performers and represents the minimum amount of exercise time required before we can expect to see sustainable changes in the brain or subjective reports. We offer professionals the opportunity to override this time, based on their expertise and extensive client knowledge.

Examples:

- **Reduction:** Some providers choose to shorten the plan duration to fit their service provider package. Providers may want clients to reassess in-office every 4-6 weeks. Shortening the plan time can facilitate this.

- **Increase:** Other providers may see their clients in person less frequently, but may still want them to reassess in office or at a time closer to their next office visit. Lengthening the plan time can facilitate this.

ABOUT SESSION DURATION

Session duration refers to how many minutes a user may complete in a 24 hour period. The Versus standard is set to 20 minutes to optimize exercise time while minimizing overuse. We offer professionals the opportunity to override this time, based on their expertise and extensive client knowledge.

Examples:

- **Reduction:** Some providers use Versus in-office and only want to do 10-15 minutes. Shortening the session time allows the user to complete a full session while still playing all 4 games.

- **Increase:** Other providers have clients that want to play the games for 45 minutes in a day. Lengthening the session duration can facilitate this.

4 ACTIVATE PLAN

If you would like this plan to become the user's active plan when you press Submit, make sure the "Make this plan active" box is checked. If you would only like this plan to be saved for later when you press Submit, make sure this box is unchecked.

5 SUBMIT PLAN

When you are finished customizing your plan, press Submit.

Please Note: Once a user has exercised on an active plan, it can no longer be edited.

ACTIVATING A PREVIOUS PLAN

① SELECT THE PLAN

From the Previous Exercise Plans list, select the name of the plan you would like to activate.

② ACTIVATE THE PLAN

To make the previous plan active, select the Make Plan Active button.

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MY DATA

View your personal Versus data, edit your personal exercise plan, and
update your account settings and billing information.

NAVIGATING TO MY DATA
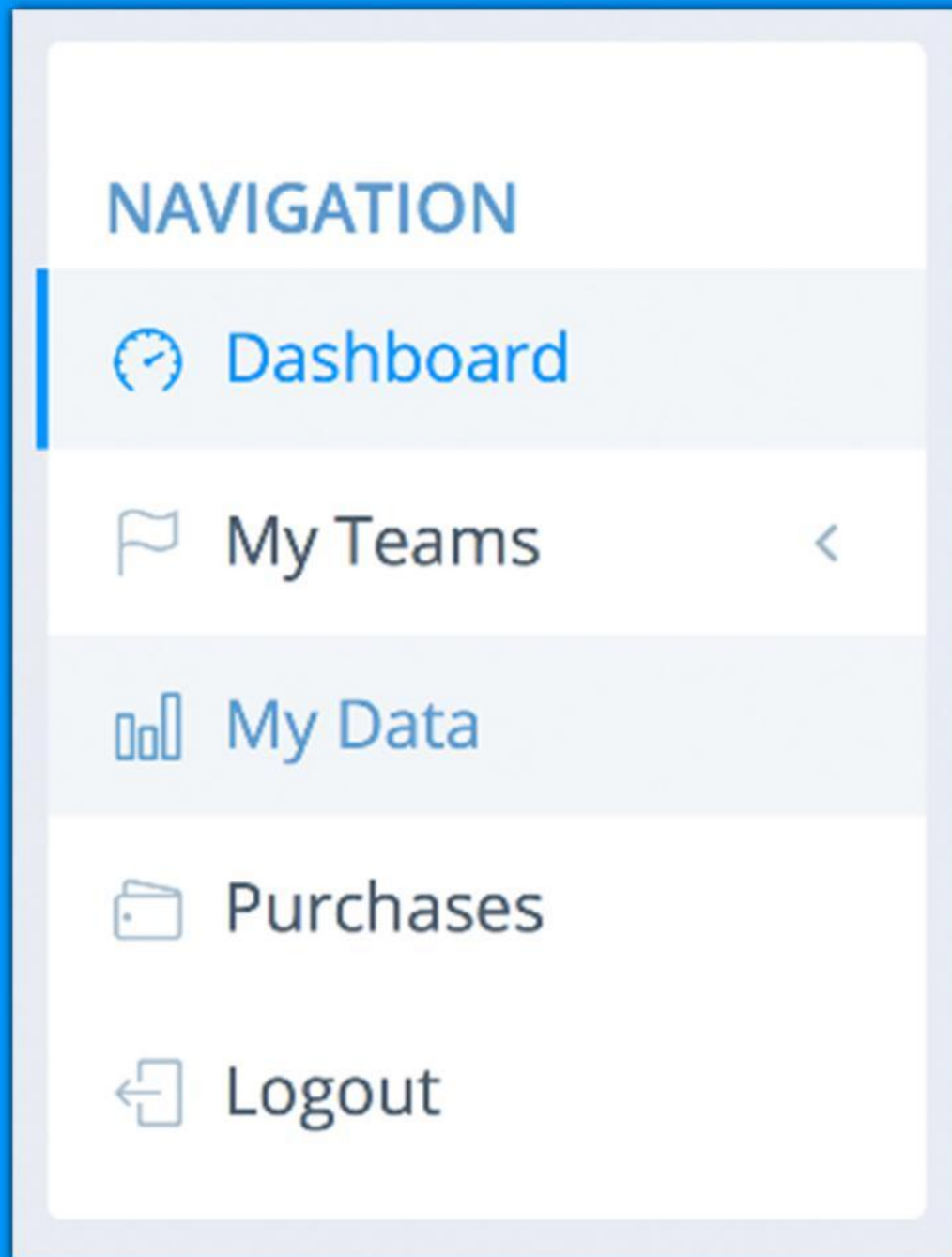
1. From the Menu Bar, select the My Data tab.

EDITING YOUR PERSONAL INFO.

1. In the My Data menu, select the Settings tab.

2. In the Account Settings window, select the Personal Info tab.

3. Select the Edit Info button and update your information.

4. When you are finished entering your information, select Save Changes.
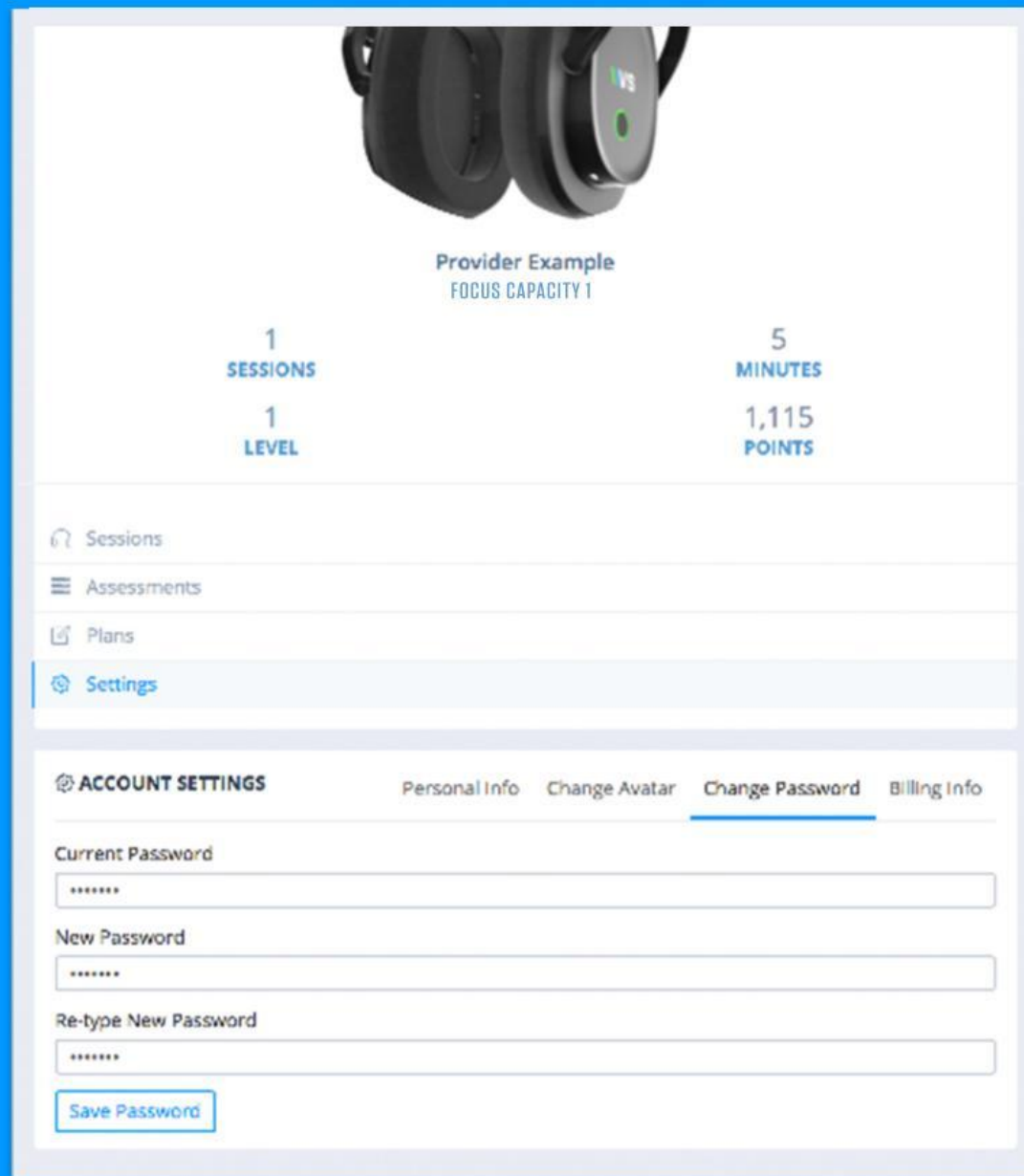
CHANGING YOUR AVATAR
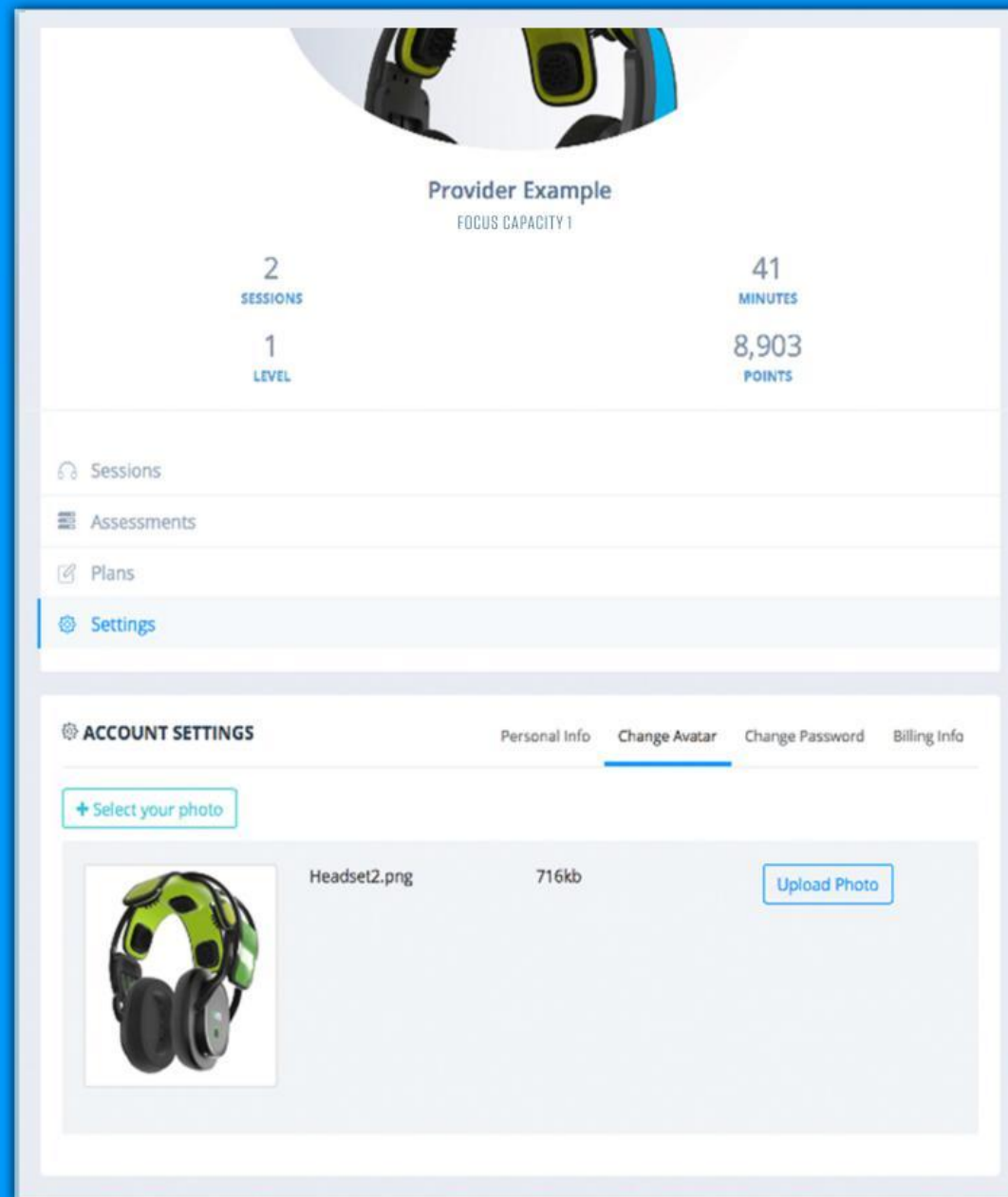
You are not required to upload an avatar. Your avatar will be visible to your team members and other Versus users.

1. In the My Data menu, select the Settings tab.

2. In the Account Settings window, select the Change Avatar tab.

3. Click the Select Your Photo button and choose the image you would like to use as your avatar.

4. Select the Upload Photo button.

CHANGING YOUR PASSWORD

1. In the My Data menu, select the Settings tab.

2. In the Account Settings window, select the Change Password tab.

3. Enter your current password and new password.

4. Select the Save Password button.

CHANGING YOUR BILLING INFO.
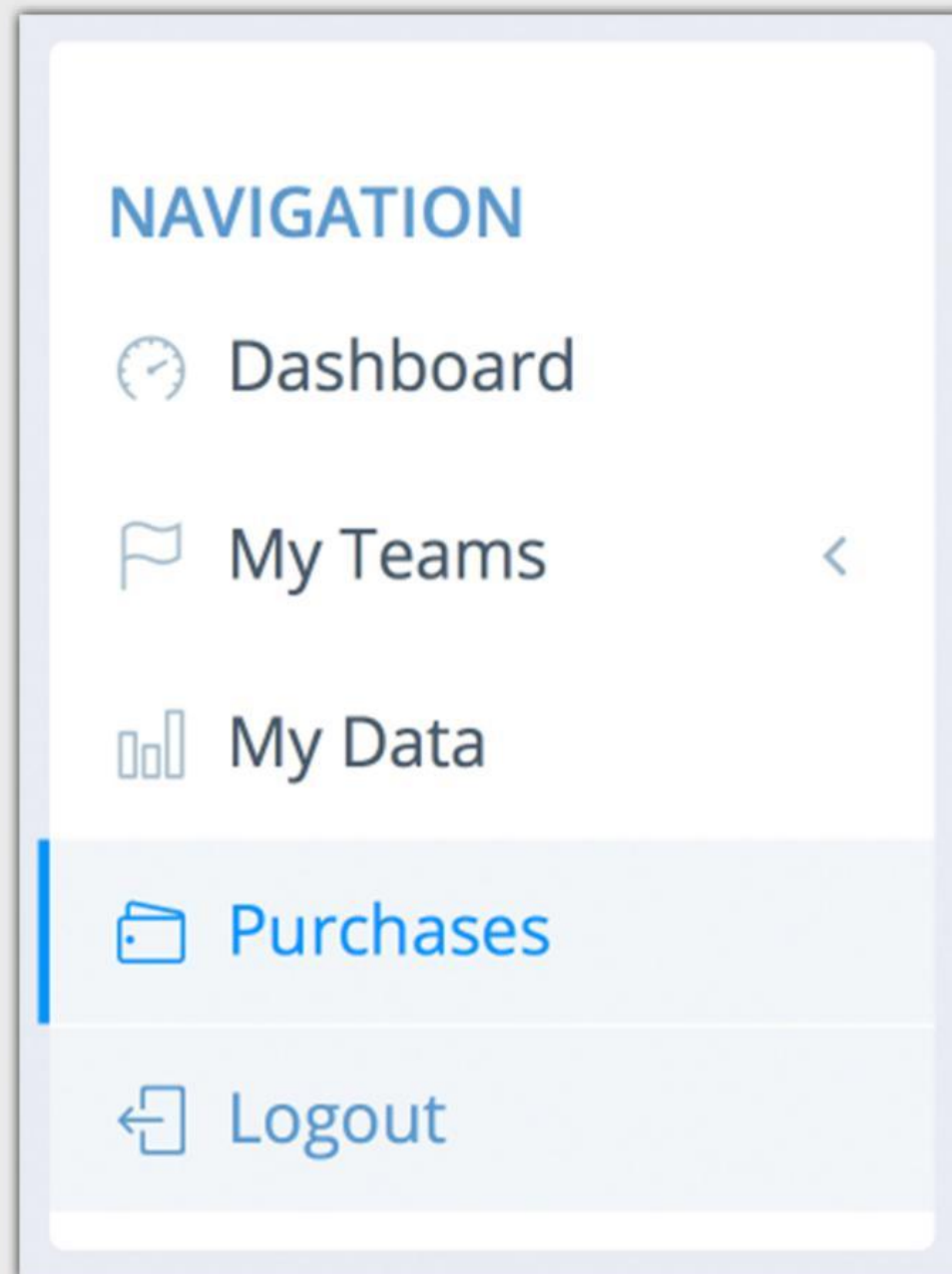

1. In the My Data menu, select the Settings tab.

2. In the Account Settings window, select the Billing Info tab.

3. Enter your billing information.

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PURCHASES

NAVIGATING TO PURCHASES

1. From the Menu Bar, select the Purchases tab.

YOUR PURCHASES

Subscriptions: Versus subscriptions which you have purchased but are not yet assigned to a user.

NeuroPerformance Assessements: Versus NPAs which you have purchased but are not yet assigned.

Pending Invites: Invitations which you sent, but have not been accepted.

Accepted Invites: Invitations of the selected type which the user has accepted.

All Purchases: All purchases which you have made. Select the purchase date to view more details.

SENDING AN INVITATION

1. To invite another individual to use one of your available purchases, go to the Send an Invitation section of the Purchases window.

2. From the Select Invitation Type menu, select which type of product you would like the user to have.

3. Enter the invitation details and select Send Invitation.

4. The user will receive an email invitation. The invitation details will be displayed in the "Pending Invites" menu until it has been accepted. Once accepted, the invitation details will be displayed under "Accepted Invites".

LEARN MORE

Questions? Comments? We're here to help!

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