VERSUS USER DASHBOARD GUIDE

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Find what you're looking for here.

DASHBOARD CAPABILITIES

View Your Data

CONSTRUCT SCORES

Contructs & Definitions

Construct	
Activation Baseline	
Max Activation	
Stress Regulation	
Focus Capacity	
Focus Endurance	
Impulse Control	

0   5   10

0-3 = Low, 4-7 = Good, 8-10 = High

RESPONSE TIME & VARIABILITY

500

400
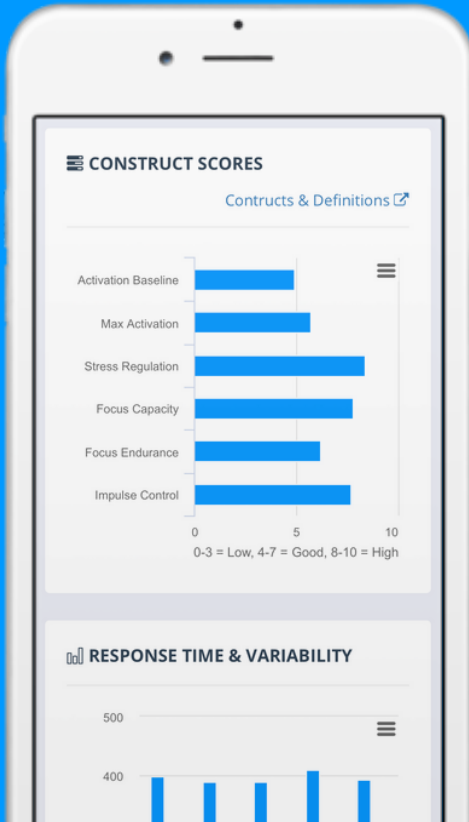
Access your Versus exercise and assessment data on your desktop, tablet, and phone.

Manage Your Account

PURCHASES

VERSUS SUBSCRIPTIONS

AVAILABLE

2

NEUROPERFORMANCE ASSESSMENTS

AVAILABLE

0

SEND AN INVITATION

Select Invitation Type: Select... ▾

Select an invitation type...

PENDING INVITES

No Pending Invites...

Edit your personal information, avatar, and password. View and manage your Versus purchases.
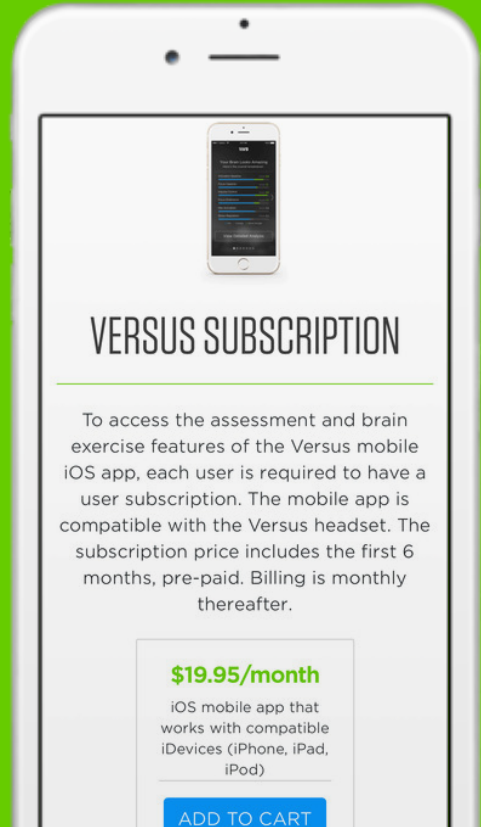
\\\VERSUS

GETTING STARTED

About the Dashboard
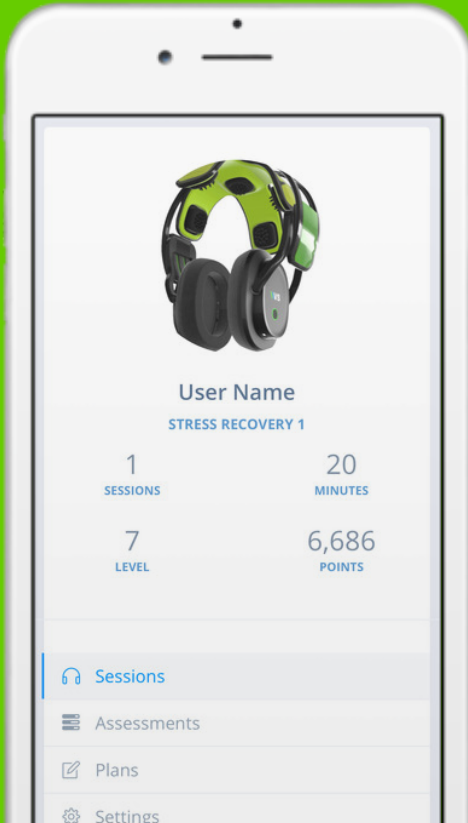
Access to the User Dashboard is included with the Versus subscription. Each user must have their own Versus subscription.

1. Make Your Purchase

Purchase your Versus subscription in the Versus app or at shop.getversus.com

2. Activate Your Account

IIVERSUS

Email

Password

Forgot your password?
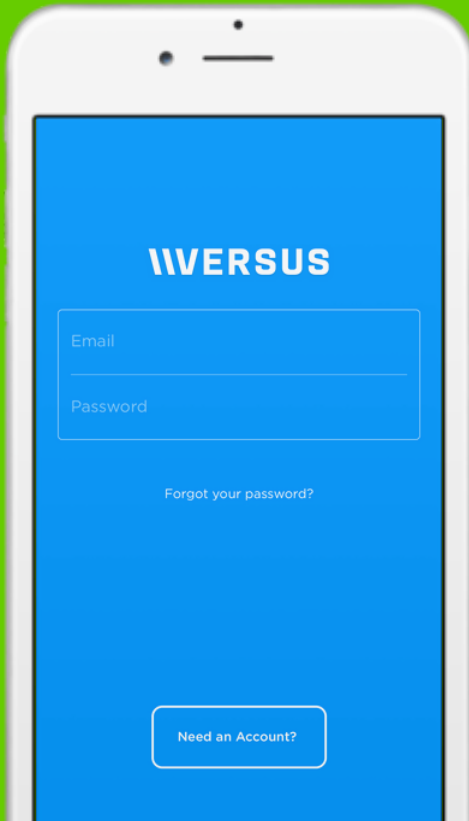
Need an Account?

To register your Versus account, select the "Need an Account?" button on the login page of the Versus app.

3. Log In

IIVERSUS

ACCOUNT LOGIN

Email

Email

Password

Password

Sign in   Forgot password?
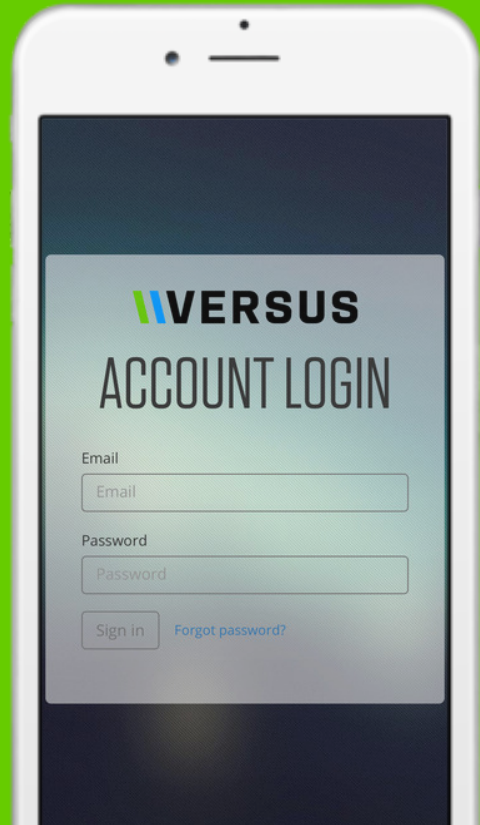
Use the email and password you registered to log in to your dashboard at app.getversus.com

MEASURING PROGRESS

View Session Score

SESSIONS

Selected Performance Protocol:
Stress Recovery 1

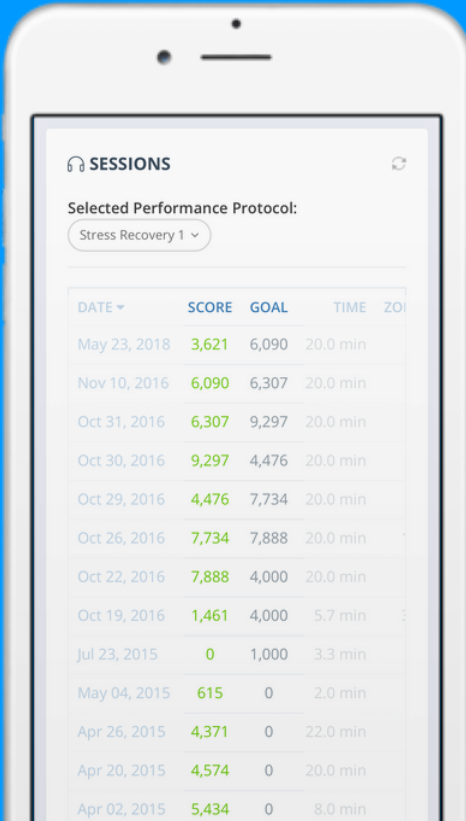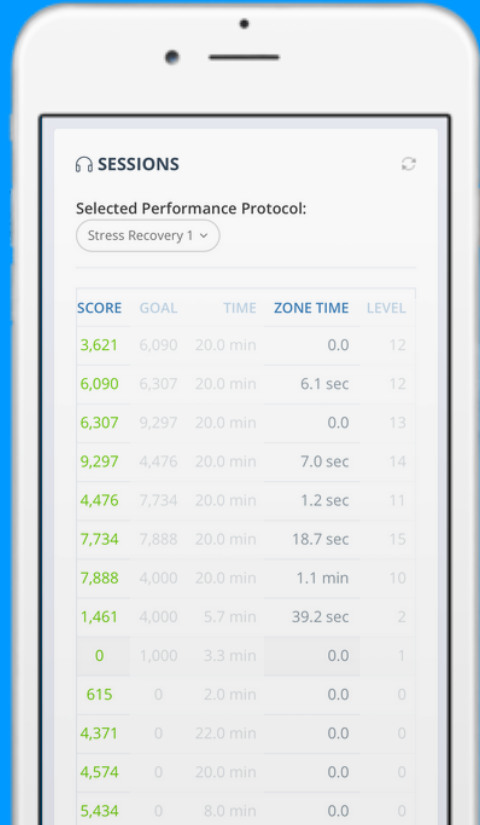| DATE ▾	SCORE	GOAL	TIME	ZO
May 23, 2018	3,621	6,090	20.0 min	
Nov 10, 2016	6,090	6,307	20.0 min	
Oct 31, 2016	6,307	9,297	20.0 min	
Oct 30, 2016	9,297	4,476	20.0 min	
Oct 29, 2016	4,476	7,734	20.0 min	
Oct 26, 2016	7,734	7,888	20.0 min	
Oct 22, 2016	7,888	4,000	20.0 min	
Oct 19, 2016	1,461	4,000	5.7 min	
Jul 23, 2015	0	1,000	3.3 min	
May 04, 2015	615	0	2.0 min	
Apr 26, 2015	4,371	0	22.0 min	
Apr 20, 2015	4,574	0	20.0 min	
Apr 02, 2015	5,434	0	8.0 min	

View the session score for your most recently completed session. If you met or surpassed your points goal for that session, that is one indication of success.

View Session Trends

SESSIONS

Selected Performance Protocol:
Stress Recovery 1

| SCORE	GOAL	TIME	ZONE TIME	LEVEL
3,621	6,090	20.0 min	0.0	12
6,090	6,307	20.0 min	6.1 sec	12
6,307	9,297	20.0 min	0.0	13
9,297	4,476	20.0 min	7.0 sec	14
4,476	7,734	20.0 min	1.2 sec	11
7,734	7,888	20.0 min	18.7 sec	15
7,888	4,000	20.0 min	1.1 min	10
1,461	4,000	5.7 min	39.2 sec	2
0	1,000	3.3 min	0.0	1
615	0	2.0 min	0.0	0
4,371	0	22.0 min	0.0	0
4,574	0	20.0 min	0.0	0
5,434	0	8.0 min	0.0	0

Although they may be affected by a changing game level, the amount of points and zone time you earn should generally increase in each subsequent exercise session.
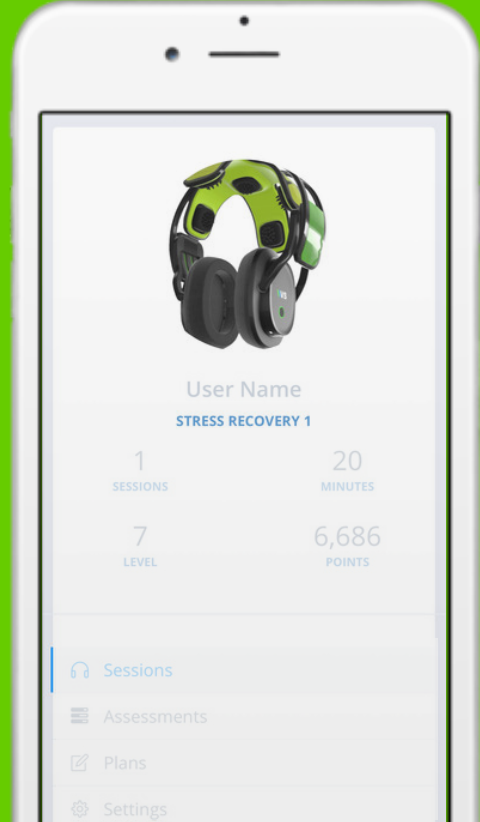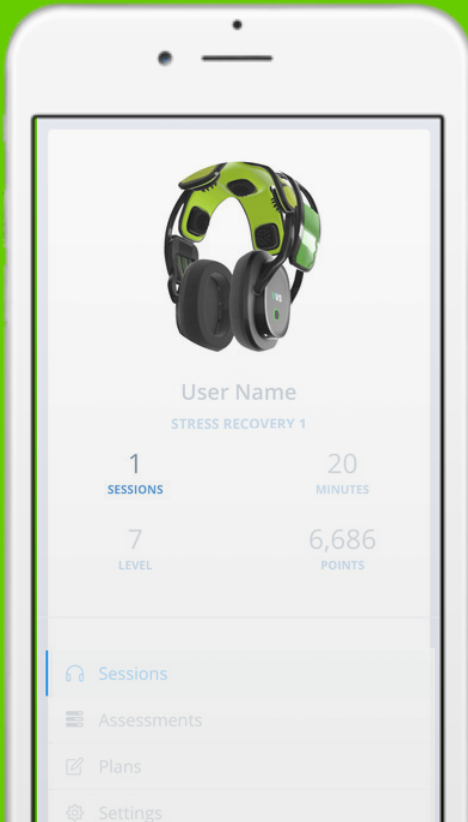
\\VERSUS

ACTIVITY SUMMARY

Overview
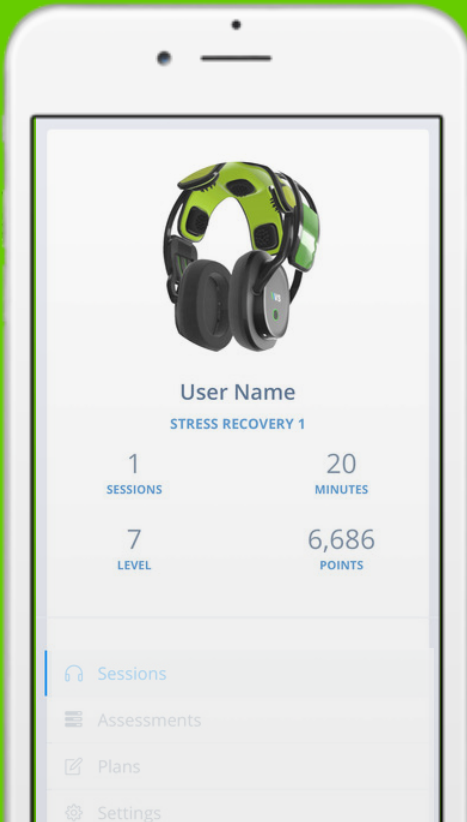
The Activity Summary provides an overview of all activity you have completed on your current Performance Protocol.
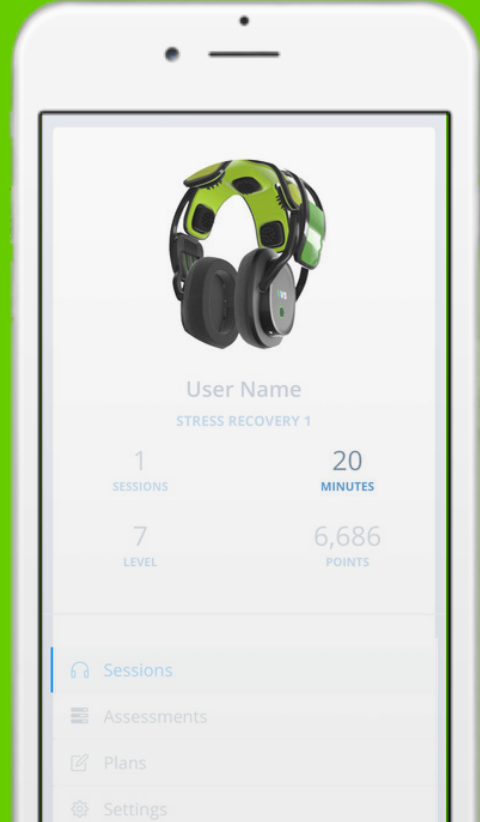
Performance Protocol

Your currently assigned Performance Protocol. All statistics in the Activity Summary are related to this protocol.

Sessions

User Name
STRESS RECOVERY 1

1	20
SESSIONS	MINUTES

7	6,686
LEVEL	POINTS

🎧 Sessions

≡ Assessments

✎ Plans

⚙ Settings

The number of daily sessions you have completed on your current Performance Protocol.

Minutes

User Name
STRESS RECOVERY 1

1	20
SESSIONS	MINUTES

7	6,686
LEVEL	POINTS

🎧 Sessions

≡ Assessments

✎ Plans

⚙ Settings

The amount of time you have exercised on your current Performance Protocol.

Level

User Name
STRESS RECOVERY 1

1	20
SESSIONS	MINUTES
7	6,686
LEVEL	POINTS

🎧 Sessions
☰ Assessments
✏ Plans
⚙ Settings
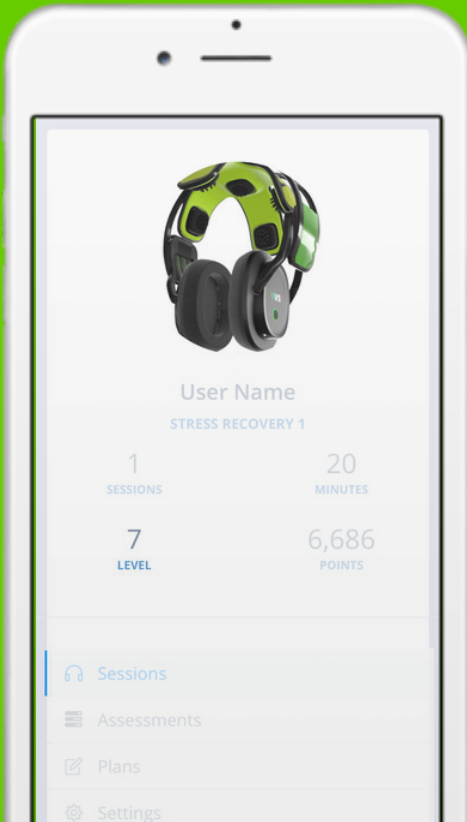
The game level on your current Performance Protocol. You'll also see this level in-app.

Points

User Name
STRESS RECOVERY 1

1	20
SESSIONS	MINUTES
7	6,686
LEVEL	POINTS

🎧 Sessions
☰ Assessments
✏ Plans
⚙ Settings
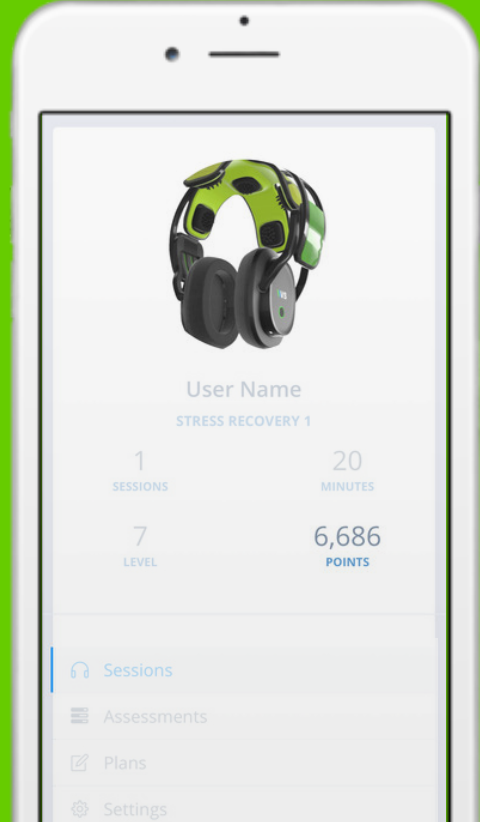
The total points that you have earned on your current Performance Protocol.

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NAVIGATION BAR

Overview

User Name

STRESS RECOVERY 1

1
SESSIONS

20
MINUTES

7
LEVEL

6,686
POINTS

🎧 Sessions

≡ Assessments

🖉 Plans

⚙ Settings

🗁 Purchases
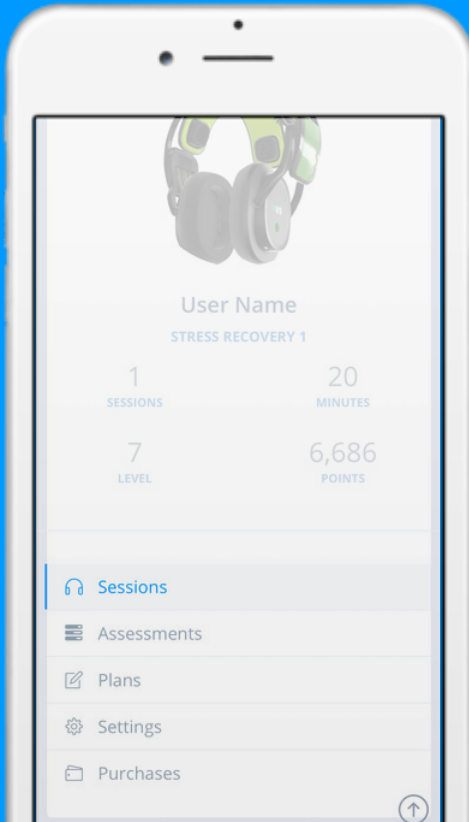
Use the Navigation Bar, located on the lefthand side, to navigate your dashboard.

Sessions

User Name

STRESS RECOVERY 1

1
SESSIONS

20
MINUTES

7
LEVEL

6,686
POINTS

🎧 Sessions

≡ Assessments

🖉 Plans

⚙ Settings

🗁 Purchases
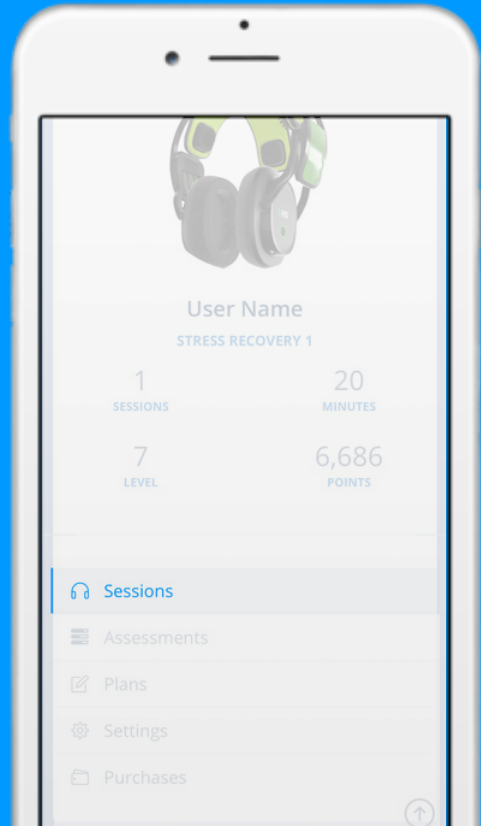
Click to see an overview of all exercise sessions you have completed per Protocol.

Assessments

User Name

STRESS RECOVERY 1

1	20
SESSIONS	MINUTES
7	6,686
LEVEL	POINTS

🎧 Sessions

☰ Assessments

✎ Plans

⚙ Settings

🗀 Purchases
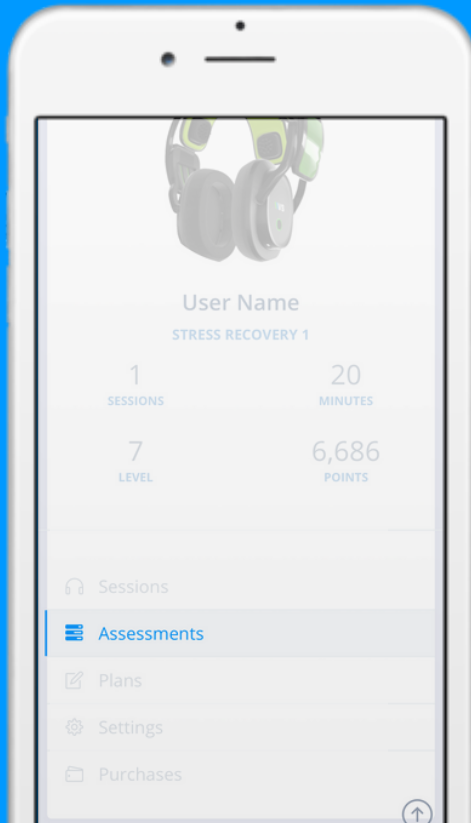
Click to view a summary of all NeuroPerformance Assessments (NPAs) you have completed.

Plans

User Name

STRESS RECOVERY 1

1	20
SESSIONS	MINUTES
7	6,686
LEVEL	POINTS

🎧 Sessions

☰ Assessments

✎ Plans

⚙ Settings
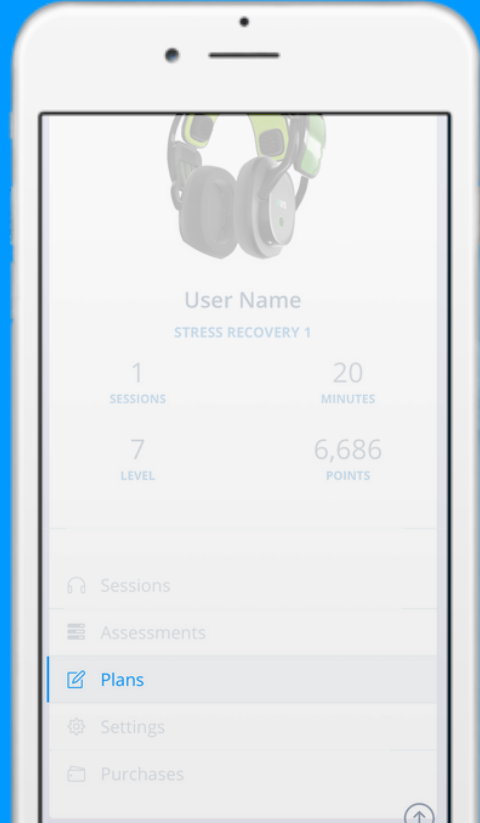
🗀 Purchases

Click to view details about your current and previous exercise plans.

Settings

User Name
STRESS RECOVERY 1

1	20
SESSIONS	MINUTES

7	6,686
LEVEL	POINTS

🎧 Sessions

☰ Assessments

✎ Plans

⚙ Settings
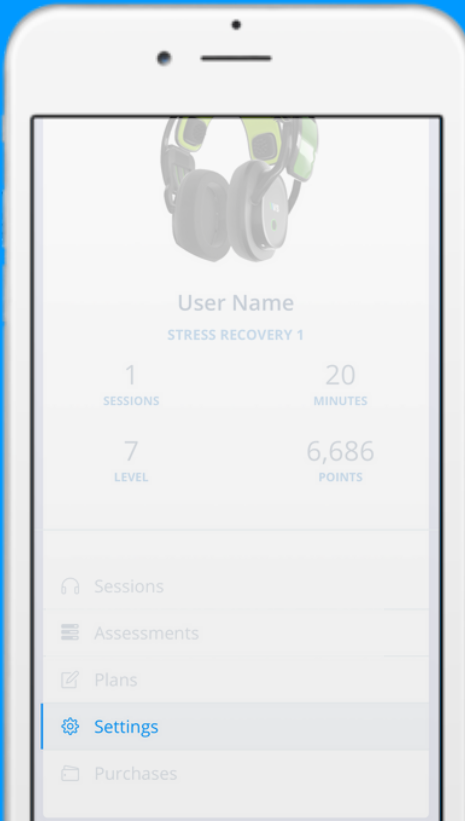
🗂 Purchases

Click to edit your account settings, upload an avatar, or change your password or billing information.

Purchases

User Name
STRESS RECOVERY 1

1	20
SESSIONS	MINUTES

7	6,686
LEVEL	POINTS

🎧 Sessions

☰ Assessments

✎ Plans

⚙ Settings
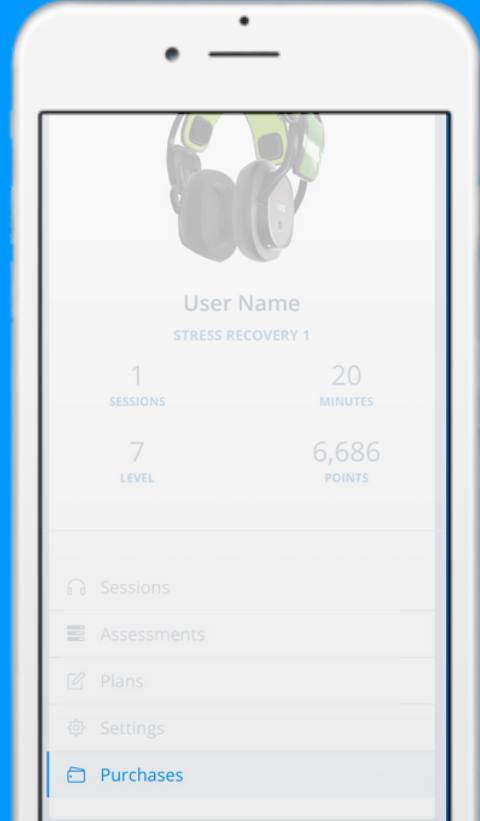
🗂 Purchases

Click to view all Versus purchases you've made and assign them to other Versus users.

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SESSIONS DATA

Date

⌒ **SESSIONS** ↻

Selected Performance Protocol:

Stress Recovery 1 ∨

DATE ▾	SCORE	GOAL	TIME	ZO
May 23, 2018	3,621	6,090	20.0 min	
Nov 10, 2016	6,090	6,307	20.0 min	
Oct 31, 2016	6,307	9,297	20.0 min	
Oct 30, 2016	9,297	4,476	20.0 min	
Oct 29, 2016	4,476	7,734	20.0 min	
Oct 26, 2016	7,734	7,888	20.0 min	
Oct 22, 2016	7,888	4,000	20.0 min	
Oct 19, 2016	1,461	4,000	5.7 min	
Jul 23, 2015	0	1,000	3.3 min	
May 04, 2015	615	0	2.0 min	
Apr 26, 2015	4,371	0	22.0 min	
Apr 20, 2015	4,574	0	20.0 min	
Apr 02, 2015	5,434	0	8.0 min	

The date on which the exercise session was completed.

Score

⌒ **SESSIONS** ↻

Selected Performance Protocol:

Stress Recovery 1 ∨

DATE ▾	SCORE	GOAL	TIME	ZO
May 23, 2018	3,621	6,090	20.0 min	
Nov 10, 2016	6,090	6,307	20.0 min	
Oct 31, 2016	6,307	9,297	20.0 min	
Oct 30, 2016	9,297	4,476	20.0 min	
Oct 29, 2016	4,476	7,734	20.0 min	
Oct 26, 2016	7,734	7,888	20.0 min	
Oct 22, 2016	7,888	4,000	20.0 min	
Oct 19, 2016	1,461	4,000	5.7 min	
Jul 23, 2015	0	1,000	3.3 min	
May 04, 2015	615	0	2.0 min	
Apr 26, 2015	4,371	0	22.0 min	
Apr 20, 2015	4,574	0	20.0 min	
Apr 02, 2015	5,434	0	8.0 min	

The total amount of NeuroPoints and Optimal Points earned during the exercise session.

Goal

🎧 **SESSIONS**

Selected Performance Protocol:

Stress Recovery 1 ⌄

DATE ▾	SCORE	GOAL	TIME	ZO
May 23, 2018	3,621	6,090	20.0 min	
Nov 10, 2016	6,090	6,307	20.0 min	
Oct 31, 2016	6,307	9,297	20.0 min	
Oct 30, 2016	9,297	4,476	20.0 min	
Oct 29, 2016	4,476	7,734	20.0 min	
Oct 26, 2016	7,734	7,888	20.0 min	
Oct 22, 2016	7,888	4,000	20.0 min	
Oct 19, 2016	1,461	4,000	5.7 min	
Jul 23, 2015	0	1,000	3.3 min	
May 04, 2015	615	0	2.0 min	
Apr 26, 2015	4,371	0	22.0 min	
Apr 20, 2015	4,574	0	20.0 min	
Apr 02, 2015	5,434	0	8.0 min	

The points goal that was assigned for this exercise session, based on how well you did in your previous session.

Time

🎧 **SESSIONS**

Selected Performance Protocol:

Stress Recovery 1 ⌄

DATE ▾	SCORE	GOAL	TIME	ZO
May 23, 2018	3,621	6,090	20.0 min	
Nov 10, 2016	6,090	6,307	20.0 min	
Oct 31, 2016	6,307	9,297	20.0 min	
Oct 30, 2016	9,297	4,476	20.0 min	
Oct 29, 2016	4,476	7,734	20.0 min	
Oct 26, 2016	7,734	7,888	20.0 min	
Oct 22, 2016	7,888	4,000	20.0 min	
Oct 19, 2016	1,461	4,000	5.7 min	
Jul 23, 2015	0	1,000	3.3 min	
May 04, 2015	615	0	2.0 min	
Apr 26, 2015	4,371	0	22.0 min	
Apr 20, 2015	4,574	0	20.0 min	
Apr 02, 2015	5,434	0	8.0 min	

The amount of time you exercised during the session.

Zone Time

Selected Performance Protocol:

Stress Recovery 1 ⌄

SCORE	GOAL	TIME	ZONE TIME	LEVEL
3,621	6,090	20.0 min	0.0	12
6,090	6,307	20.0 min	6.1 sec	12
6,307	9,297	20.0 min	0.0	13
9,297	4,476	20.0 min	7.0 sec	14
4,476	7,734	20.0 min	1.2 sec	11
7,734	7,888	20.0 min	18.7 sec	15
7,888	4,000	20.0 min	1.1 min	10
1,461	4,000	5.7 min	39.2 sec	2
0	1,000	3.3 min	0.0	1
615	0	2.0 min	0.0	0
4,371	0	22.0 min	0.0	0
4,574	0	20.0 min	0.0	0
5,434	0	8.0 min	0.0	0

The amount of time you spent in the optimal zone for the desired brain state during the exercise session.

Level

🎧 **SESSIONS**

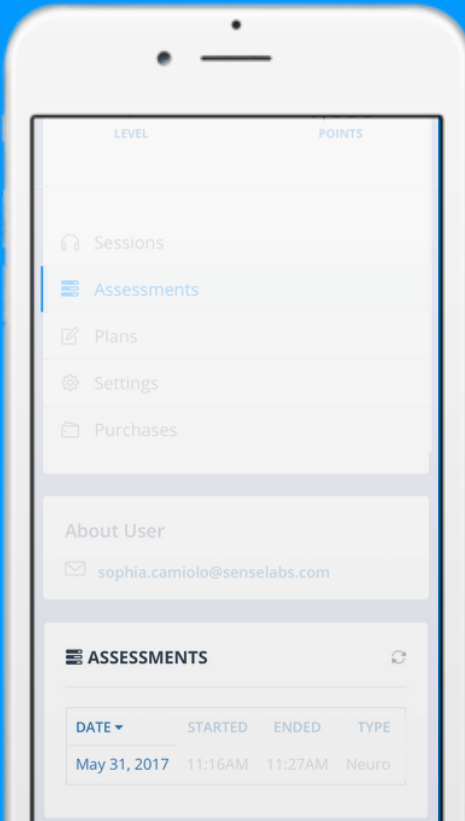Selected Performance Protocol:

Stress Recovery 1 ⌄

SCORE	GOAL	TIME	ZONE TIME	LEVEL
3,621	6,090	20.0 min	0.0	12
6,090	6,307	20.0 min	6.1 sec	12
6,307	9,297	20.0 min	0.0	13
9,297	4,476	20.0 min	7.0 sec	14
4,476	7,734	20.0 min	1.2 sec	11
7,734	7,888	20.0 min	18.7 sec	15
7,888	4,000	20.0 min	1.1 min	10
1,461	4,000	5.7 min	39.2 sec	2
0	1,000	3.3 min	0.0	1
615	0	2.0 min	0.0	0
4,371	0	22.0 min	0.0	0
4,574	0	20.0 min	0.0	0
5,434	0	8.0 min	0.0	0

The highest level achieved during the exercise session.

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ASSESSMENT DATA

Date

LEVEL POINTS

- Sessions
- **Assessments**
- Plans
- Settings
- Purchases

About User

✉ sophia.camiolo@senselabs.com

☰ ASSESSMENTS ⟳

DATE ▾	STARTED	ENDED	TYPE
May 31, 2017	11:16AM	11:27AM	Neuro

The date the NeuroPerformance Assessment (NPA) was started. Click on the date to view more details.

Started

LEVEL POINTS

- Sessions
- **Assessments**
- Plans
- Settings
- Purchases

About User

✉ sophia.camiolo@senselabs.com

☰ ASSESSMENTS ⟳

DATE ▾	**STARTED**	ENDED	TYPE
May 31, 2017	11:16AM	11:27AM	Neuro
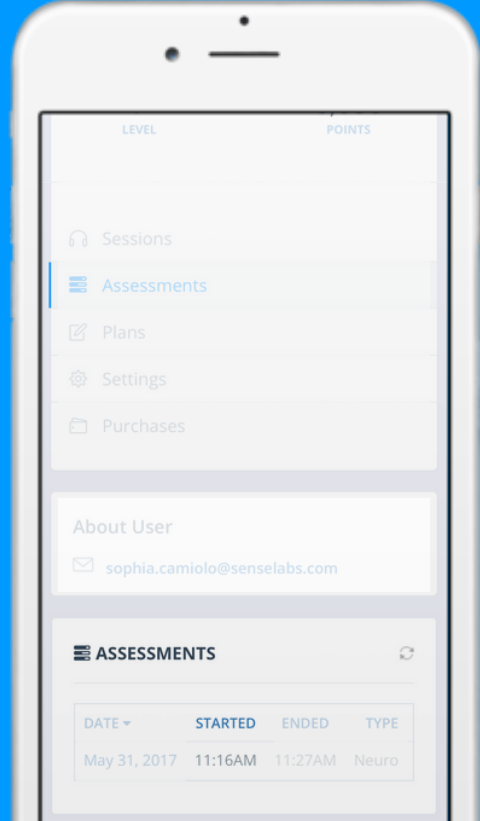
The time at which the assessment was started.

Ended

LEVEL   POINTS

🎧 Sessions
≡ Assessments
✏️ Plans
⚙️ Settings
🗂 Purchases

About User
✉️ sophia.camiolo@senselabs.com

≡ **ASSESSMENTS**   ⟳

DATE ▾	STARTED	ENDED	TYPE
May 31, 2017	11:16AM	**11:27AM**	Neuro
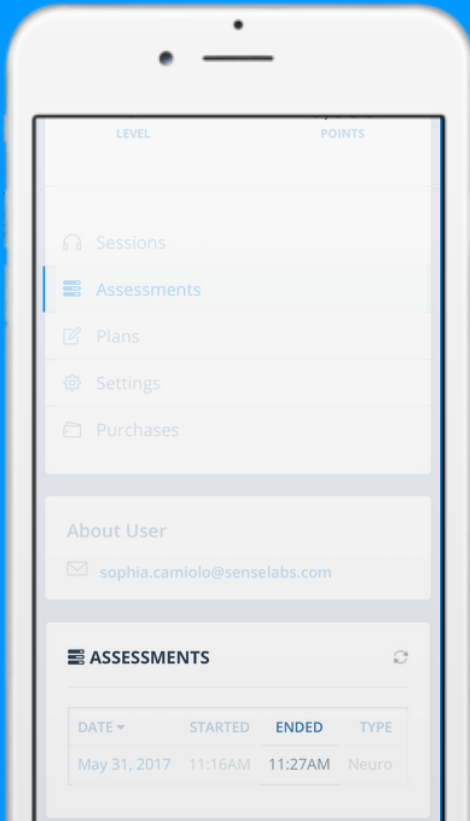
The time at which the
assessment was ended.

Type

LEVEL   POINTS

🎧 Sessions
≡ Assessments
✏️ Plans
⚙️ Settings
🗂 Purchases

About User
✉️ sophia.camiolo@senselabs.com

≡ **ASSESSMENTS**   ⟳

DATE ▾	STARTED	ENDED	TYPE
May 31, 2017	11:16AM	11:27AM	Neuro
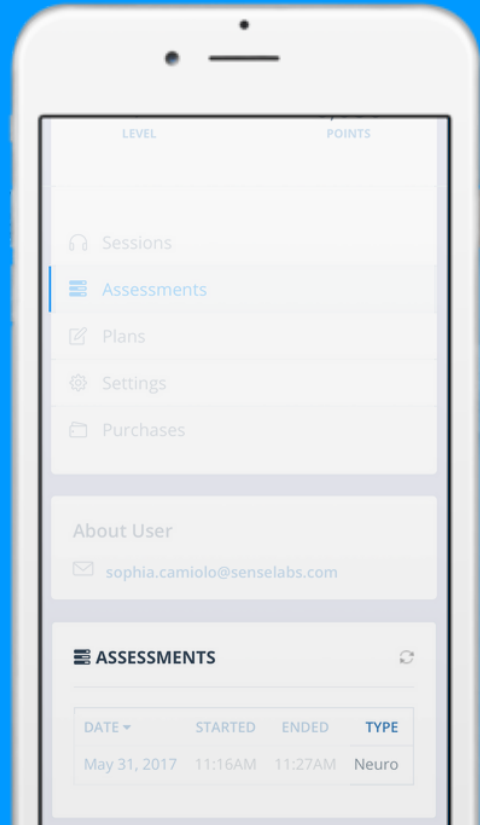
The type of assessment that
was completed.

Status

🎧 Sessions

☰ Assessments

✎ Plans

⚙ Settings

🗁 Purchases

About User

✉ sophia.camiolo@senselabs.com

☰ **ASSESSMENTS**   ↻

DED	TYPE	**STATUS**	PLAN
5AM	Neuro	Completed	Stress Recovery 1
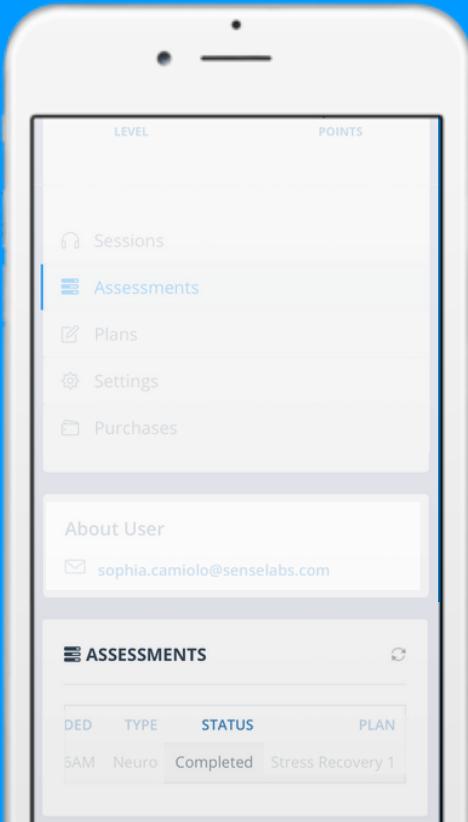
Indicates whether the assessment was completed or is still ongoing.

Plan

🎧 Sessions

☰ Assessments

✎ Plans

⚙ Settings

🗁 Purchases

About User

✉ sophia.camiolo@senselabs.com

☰ **ASSESSMENTS**   ↻

DED	TYPE	STATUS	**PLAN**
5AM	Neuro	Completed	Stress Recovery 1
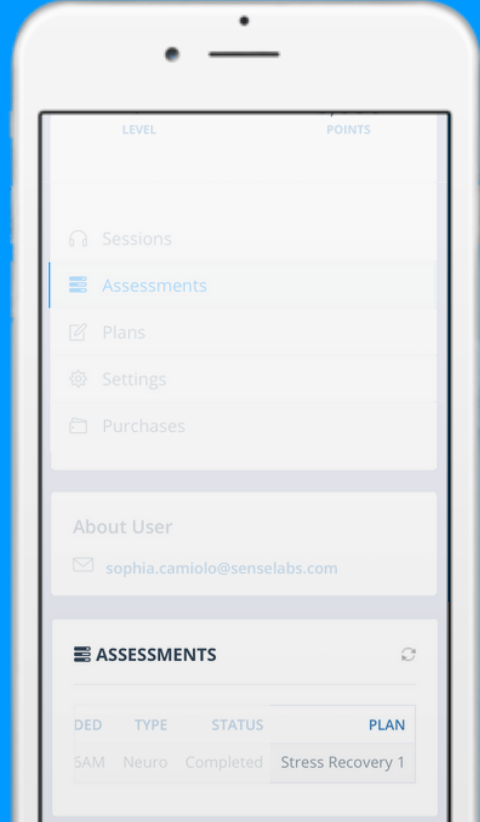
The performance plan that was assigned based on the assessment results.

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ASSESSMENT DETAILS

Navigation
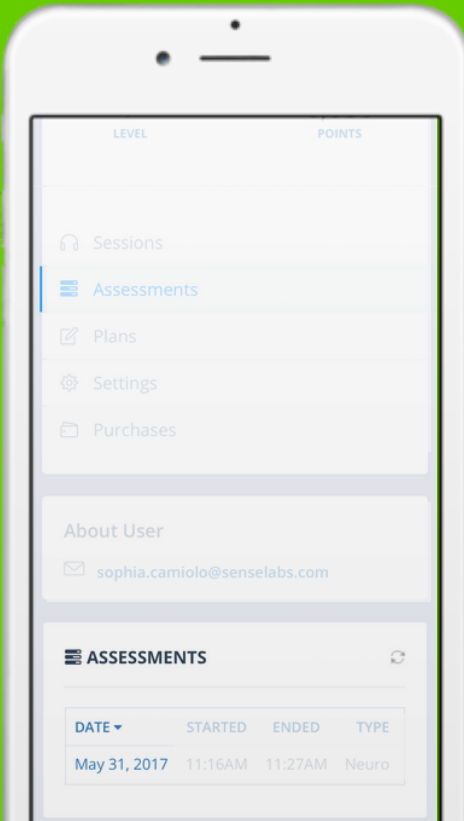
To view the details of a particular NPA, click on the NPA date from the list displayed in the Assessments tab.
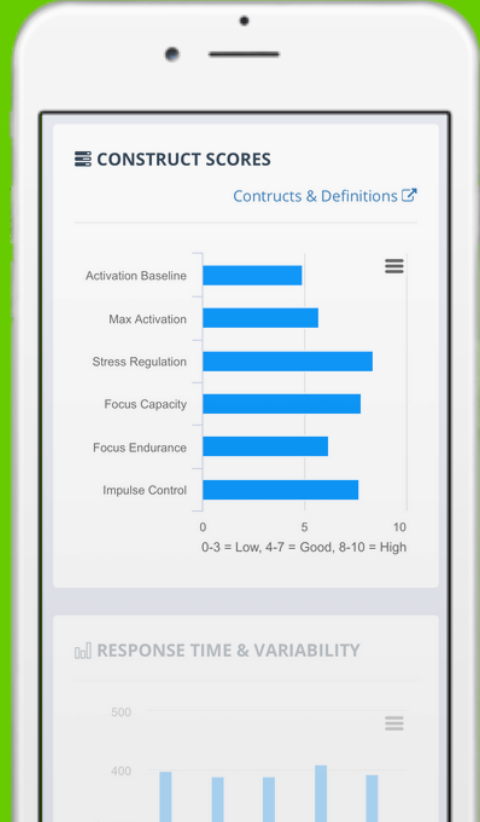
Printing Your Results
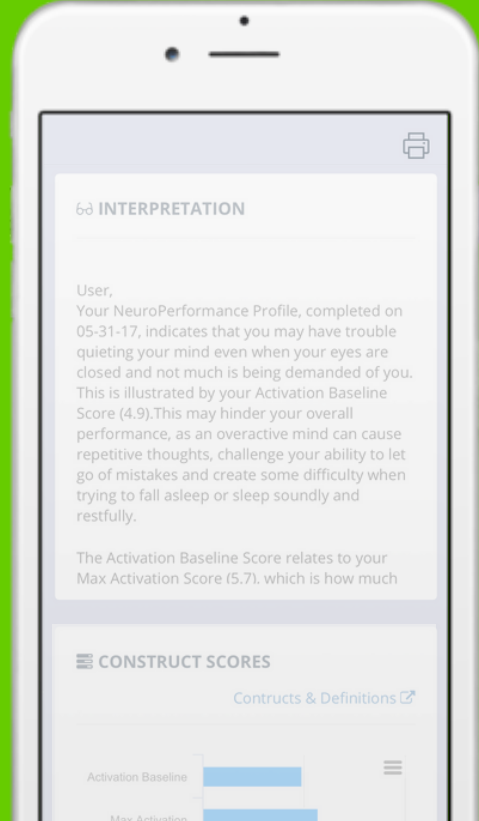
To print your NPA results, select the "Print" button in the top right corner of the Assessment Details page.

Interpretation
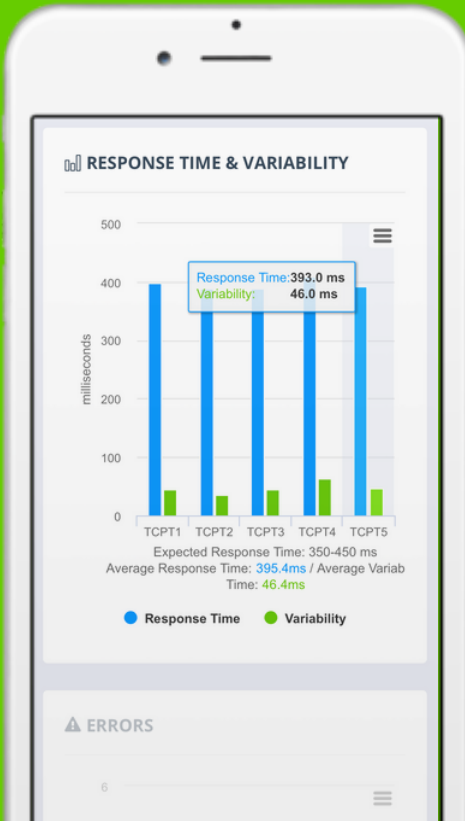

6ə INTERPRETATION

User,
Your NeuroPerformance Profile, completed on 05-31-17, indicates that you may have trouble quieting your mind even when your eyes are closed and not much is being demanded of you. This is illustrated by your Activation Baseline Score (4.9).This may hinder your overall performance, as an overactive mind can cause repetitive thoughts, challenge your ability to let go of mistakes and create some difficulty when trying to fall asleep or sleep soundly and restfully.

The Activation Baseline Score relates to your Max Activation Score (5.7). which is how much

CONSTRUCT SCORES

Contructs & Definitions ☑

A written explanation of what your NPA results mean and how you can act on them. Use the scroll bar to read the entire interpretation.

Construct Scores

☰ CONSTRUCT SCORES

Contructs & Definitions ☑

Activation Baseline
Max Activation
Stress Regulation
Focus Capacity
Focus Endurance
Impulse Control

0   5   10
0-3 = Low, 4-7 = Good, 8-10 = High

▥ RESPONSE TIME & VARIABILITY

500

400

Construct scores are the 6 measures calculated during the NPA. You'll be assigned a Performance Protocol based on these constructs.

28

Response Time

Oil RESPONSE TIME & VARIABILITY

Response Time: 393.0 ms
Variability: 46.0 ms

Expected Response Time: 350-450 ms
Average Response Time: 395.4ms / Average Variab
Time: 46.4ms

● Response Time   ● Variability

⚠ ERRORS

Response time indicates how quickly you recognized and tapped the targets. Variability indicates how much your response time varied.
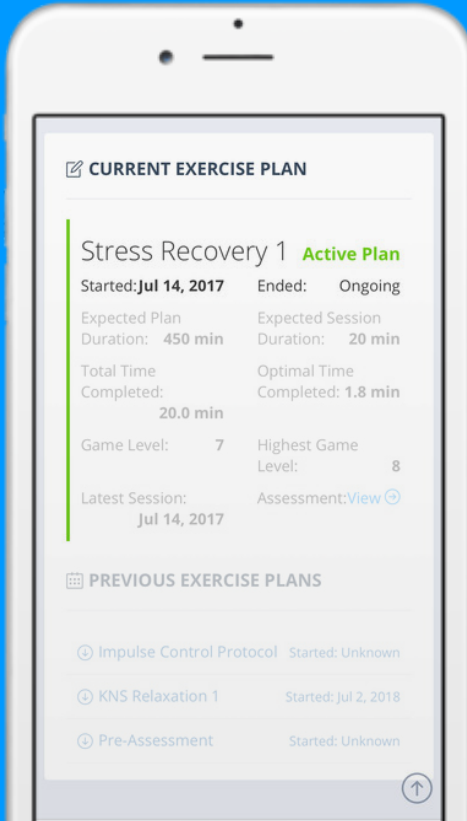
Errors

● Response Time   ● Variability

⚠ ERRORS

Omission Errors: 0 / Commission Errors: 3 / Total Errors: 3

● Omissions   ● Commissions
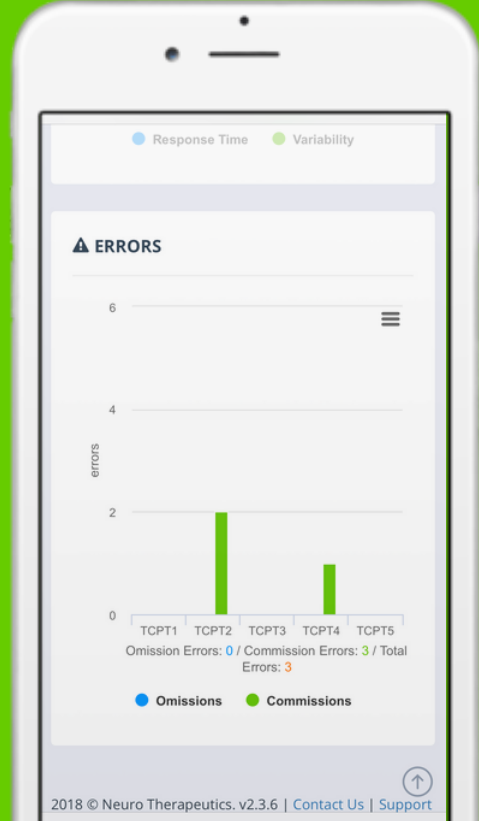
An omission error is the failure to tap the screen on targets. A commission error is tapping the screen on non-targets.

PLAN DETAILS

Started & Ended

CURRENT EXERCISE PLAN

Stress Recovery 1 **Active Plan**

Started: **Jul 14, 2017**   Ended: Ongoing

Expected Plan Duration: **450 min**

Expected Session Duration: **20 min**

Total Time Completed: **20.0 min**

Optimal Time Completed: **1.8 min**

Game Level: **7**

Highest Game Level: **8**

Latest Session: **Jul 14, 2017**

Assessment: View

PREVIOUS EXERCISE PLANS

Impulse Control Protocol   Started: Unknown

KNS Relaxation 1   Started: Jul 2, 2018

Pre-Assessment   Started: Unknown

Started: The date the selected plan was started.

Ended: The date the selected plan was completed.

Duration

CURRENT EXERCISE PLAN

Stress Recovery 1 **Active Plan**

Started: **Jul 14, 2017**   Ended: Ongoing

Expected Plan Duration: **450 min**

Expected Session Duration: **20 min**

Total Time Completed: **20.0 min**

Optimal Time Completed: **1.8 min**

Game Level: **7**

Highest Game Level: **8**

Latest Session: **Jul 14, 2017**

Assessment: View

PREVIOUS EXERCISE PLANS

Impulse Control Protocol   Started: Unknown

KNS Relaxation 1   Started: Jul 2, 2018

Pre-Assessment   Started: Unknown

Expected Plan Duration: How long you'll be expected to exercise on that plan until you're eligible for a new NPA.

Expected Session Duration: How long you can exercise each day.

Time Completed
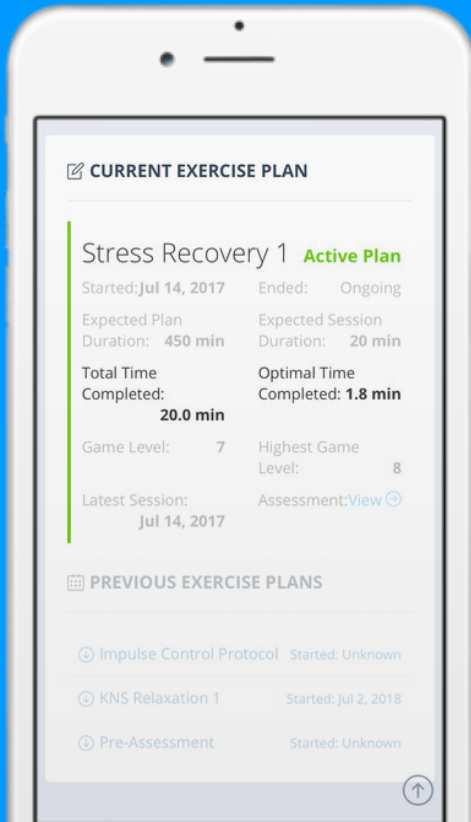
Total Time Completed: Amount of exercise time completed on the plan.

Optimal Time Completed: The total amount of time spent in the optimal zone on the selected plan.

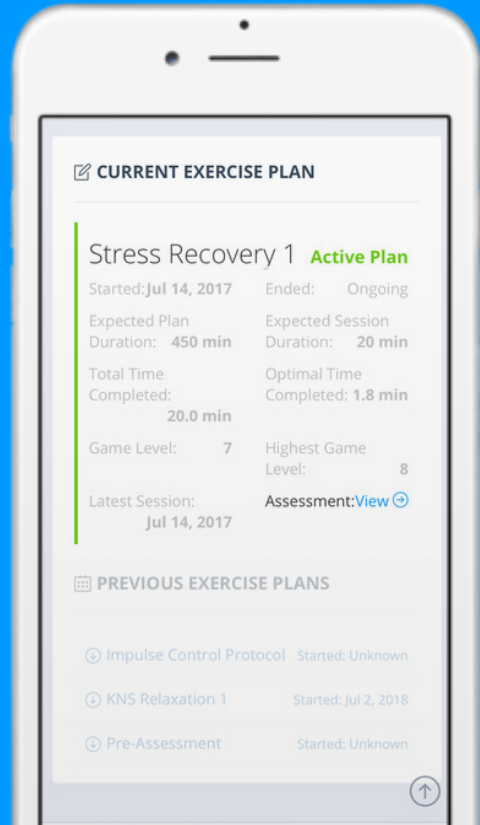# Game Level
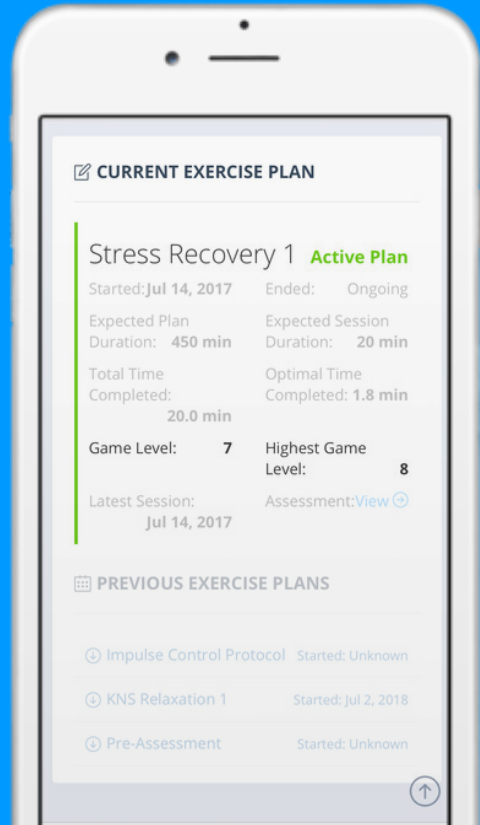
Game Level: User's current game level on the plan.

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

Latest Session

☑ **CURRENT EXERCISE PLAN**

Stress Recovery 1 **Active Plan**

Started: **Jul 14, 2017** Ended: Ongoing

Expected Plan Expected Session
Duration: **450 min** Duration: **20 min**

Total Time Optimal Time
Completed: Completed: **1.8 min**
     20.0 min

Game Level: **7** Highest Game
     Level: **8**

Latest Session: Assessment: View ⊕
     Jul 14, 2017

▦ **PREVIOUS EXERCISE PLANS**

⊕ Impulse Control Protocol Started: Unknown

⊕ KNS Relaxation 1 Started: Jul 2, 2018

⊕ Pre-Assessment Started: Unknown

The date of the most recent exercise session on the selected plan.

Assessment

☑ **CURRENT EXERCISE PLAN**

Stress Recovery 1 **Active Plan**

Started: **Jul 14, 2017** Ended: Ongoing

Expected Plan Expected Session
Duration: **450 min** Duration: **20 min**

Total Time Optimal Time
Completed: Completed: **1.8 min**
     20.0 min

Game Level: **7** Highest Game
     Level: **8**

Latest Session: Assessment: View ⊕
     Jul 14, 2017

▦ **PREVIOUS EXERCISE PLANS**

⊕ Impulse Control Protocol Started: Unknown

⊕ KNS Relaxation 1 Started: Jul 2, 2018

⊕ Pre-Assessment Started: Unknown

Select the "View" button to see the details of the assessment that was used to assign the selected plan.

\\VERSUS

SETTINGS

Personal Info.

⚙ ACCOUNT SETTINGS

Personal Info   Change Avatar

Change Password

Billing Info

First Name
User

Last Name
Name

Email

Date of Birth
05/29/2018

Sex
Female

Handedness
Right

To update your personal information, select "Edit Info", make your changes, then select "Save Changes".

Change Avatar

🎧 Sessions

📋 Assessments

📝 Plans

⚙ Settings

🗂 Purchases

About User
✉ sophia.camiolo@senselabs.com

⚙ ACCOUNT SETTINGS

Personal Info   Change Avatar

Change Password   Billing Info

➕ Select your photo

To upload an avatar, click "Select Your Photo", choose an image, then "Upload Photo". Your avatar will be visible to other Versus users.

Change Password

About User

✉ sophia.camiolo@senselabs.com

⚙ ACCOUNT SETTINGS

Personal Info   Change Avatar

Change Password   Billing Info

Current Password

New Password

Re-type New Password

Incomplete Information

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To change your password, enter your current password and your new password. Then, select "Save Changes".

Billing Info.

⚙ ACCOUNT SETTINGS

Personal Info   Change Avatar

Change Password   **Billing Info**

Card Info

▭ Visa   •••• 4242   ✎ Edit
04 / 2024

Billing Address

Name On Card

Address

Address 2 (optional)

City

PHOENIX

State

Enter your billing information and select "Save Changes" to confirm your changes.

PURCHASES

Subscriptions

PURCHASES

VERSUS SUBSCRIPTIONS

AVAILABLE
2

NEUROPERFORMANCE ASSESSMENTS

AVAILABLE
0

⊘ **SEND AN INVITATION**

Select Invitation Type: (Select... ˅)
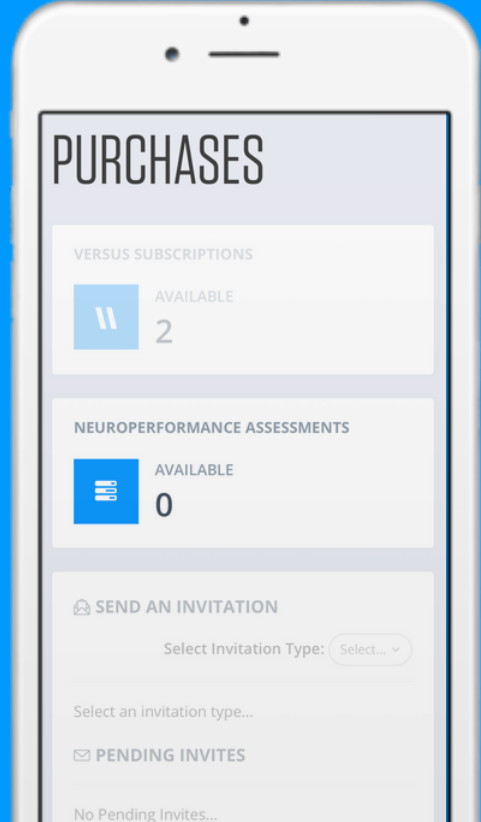
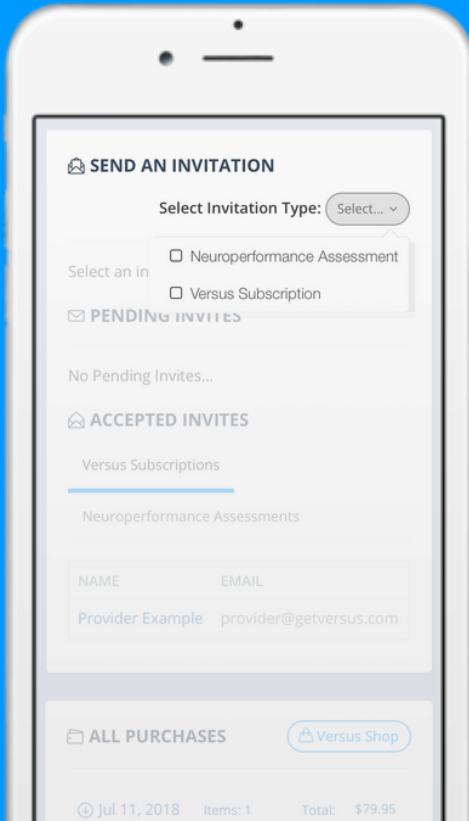Select an invitation type...

✉ **PENDING INVITES**

No Pending Invites...
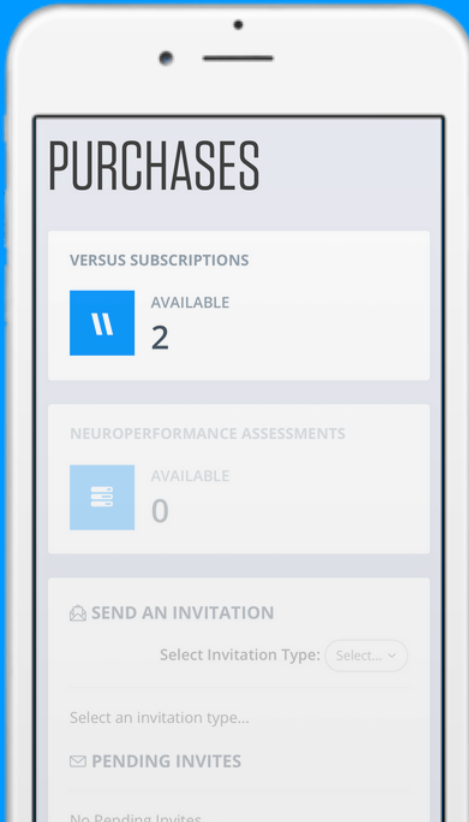
The number of subscriptions you have purchased and are available for you to use or assign to another person.

Assessments

PURCHASES

VERSUS SUBSCRIPTIONS

AVAILABLE
2

NEUROPERFORMANCE ASSESSMENTS

AVAILABLE
0

⊘ **SEND AN INVITATION**

Select Invitation Type: (Select... ˅)

Select an invitation type...

✉ **PENDING INVITES**

No Pending Invites...

The number of NPAs you have purchased and are available for you to use or assign to another person.
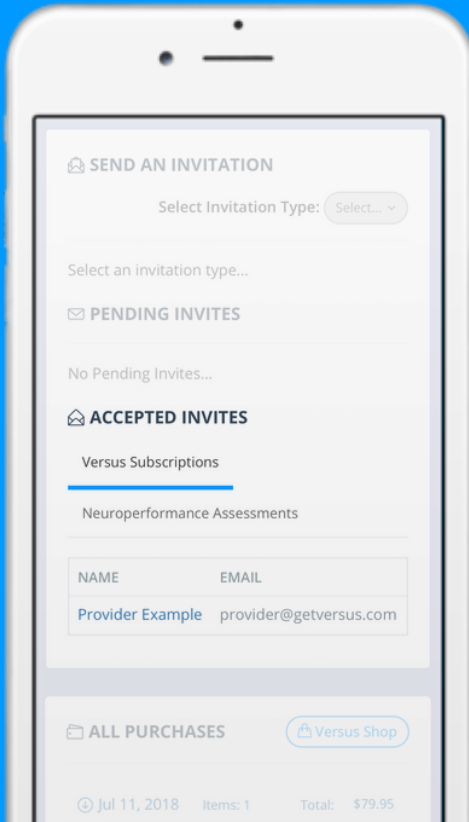
Send an Invitation

To invite another person to use one of your purchases, select the invitation type, complete the fields, and press "Send Invitation".
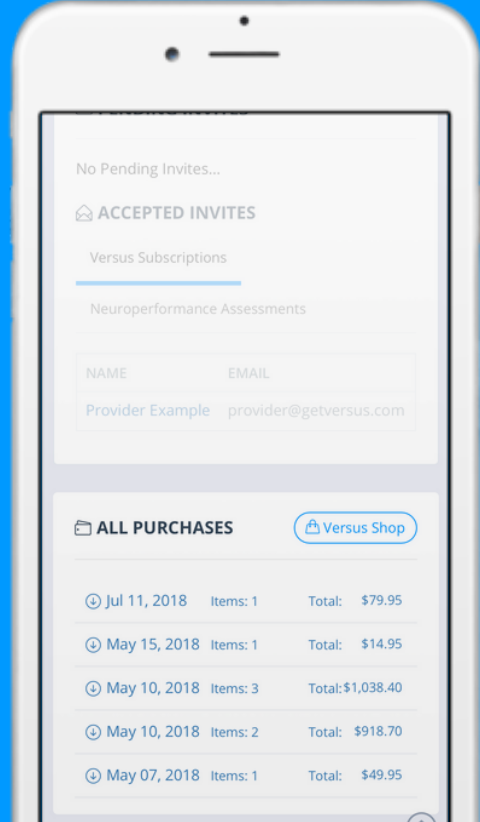
Pending Invites
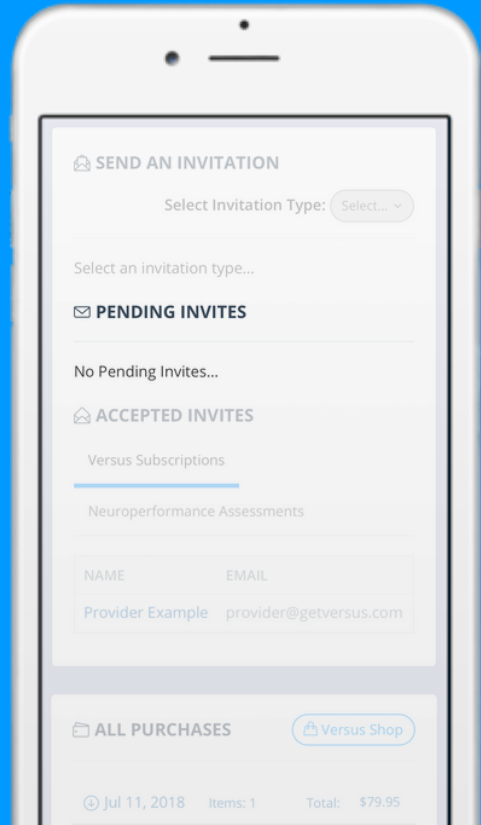
Invitations you have sent that have not yet been accepted by the recipient. Once accepted, invites will move to "Accepted".

Accepted Invites

Invitations that have been accepted by the recipient. To cancel an activated subscription, press the cancel button.

All Purchases

View all Versus purchases that you have made. Click on the purchase date to view additional details.

LEARN MORE

Questions? Comments? We're here to help!

support@getversus.com   getversus.com   support.getversus.com

getversus   @getversus   @get.versus