VERSUS APP
USER GUIDE

Feel the basket under you, the ground far below

4:25 Remaining   113 Points

\\\VERSUS

READY, SET, GO!

Find what you're looking for here.

03 GETTING STARTED

11 ASSESSMENT

23 EXERCISE

32 WARM UPS

1:43 Remaining   Points: 826

36 PERFORMANCE

41 COMPARE

46 SETTINGS

51 LEARN MORE

\\VERSUS

GETTING STARTED

① MAKE YOUR PURCHASE

VERSUS SUBSCRIPTION

To access the assessment and brain exercise features of the Versus mobile iOS app, each user is required to have a user subscription. The mobile app is compatible with the Versus headset. The subscription price includes the first 6 months, pre-paid. Billing is monthly thereafter.

$19.95/month

iOS mobile app that works with compatible iDevices (iPhone, iPad, iPod)

ADD TO CART

1. To access the NeuroPerformance Assessment (NPA) and full Versus exercises, you need an active Versus Subscription. If you are only interested in the assessment, you can purchase individual NPAs separate from the Versus Subscription.

2. Versus Subscriptions and individual NPAs are available for purchase at a discounted price at: shop.getversus.com. They can also be purchased in-app once you've created a Versus account.
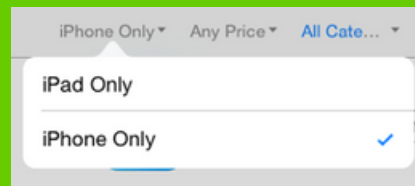
② DOWNLOAD THE APP
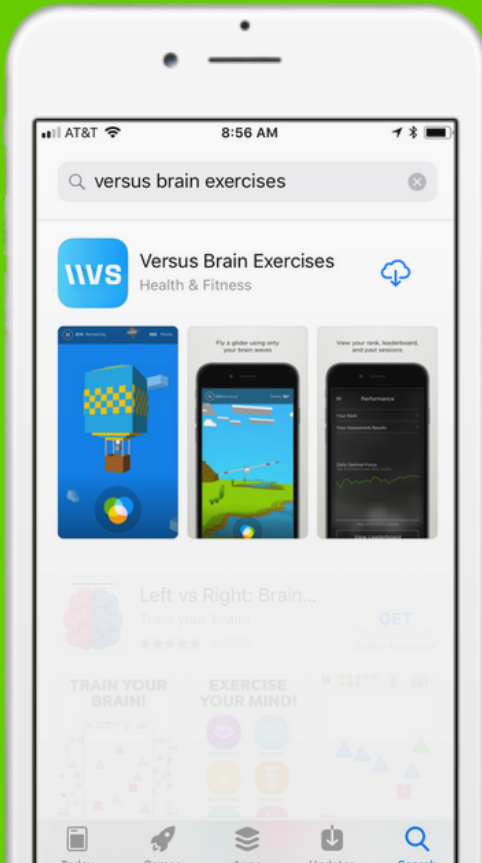
1. Search "Versus Brain Exercises" in the App Store on your compatible iOS device.*

2. If you are on an iPad, select the "iPhone Only" filter in the top left corner of the App Store.

3. Download the Versus App onto your iDevice.

*Versus is compatible with: iPad Air & above, iPad Mini 2 & above, and iPhone 5, 5S, 6, 6+, 6S, SE, 7, 7+, 8, & X (iOS10 or later required).
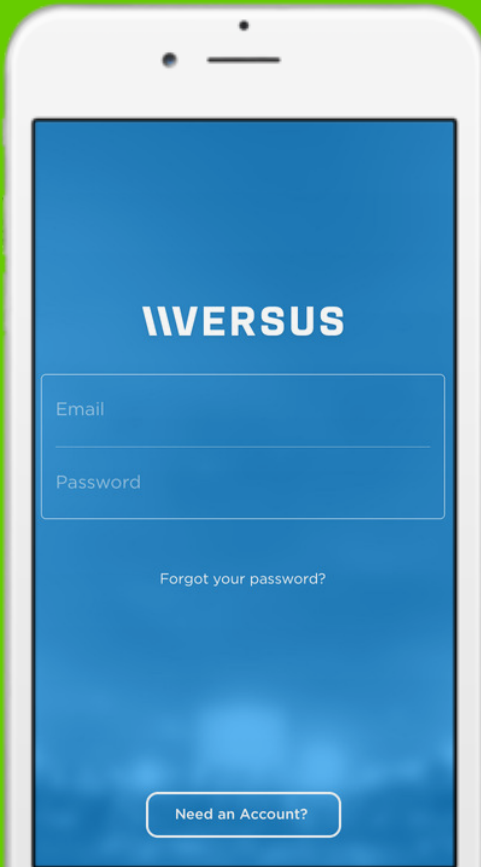
3 OPEN THE APP

Once the Versus app has finished downloading, open it by double-clicking on the app icon on your mobile iOS device.

4 CREATE AN ACCOUNT

\\\\VERSUS

Email

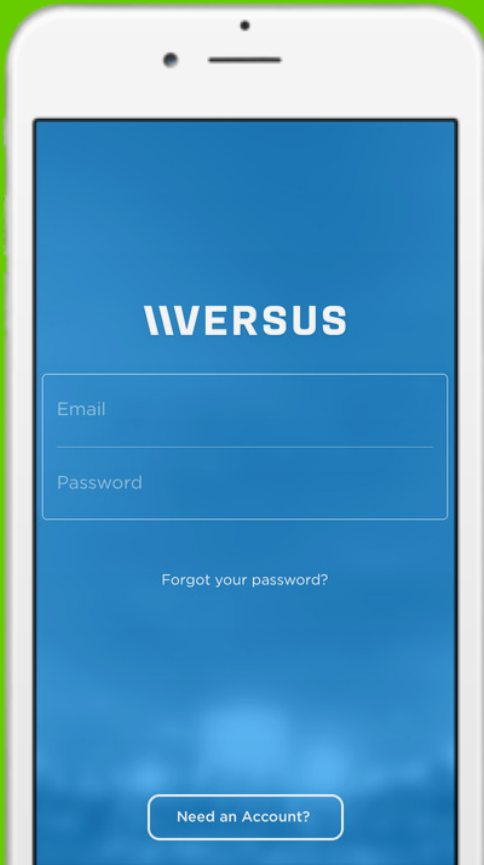Password

Forgot your password?

Need an Account?

1. If you have not already registered a Versus account, click "Need an Account".

2. When you get to the Provider Team screen, enter your provider's team name. If you are not working with a provider or do not wish to join a team, press "Skip".

⑤ SIGN IN TO THE APP

\\\VERSUS

Email

Password
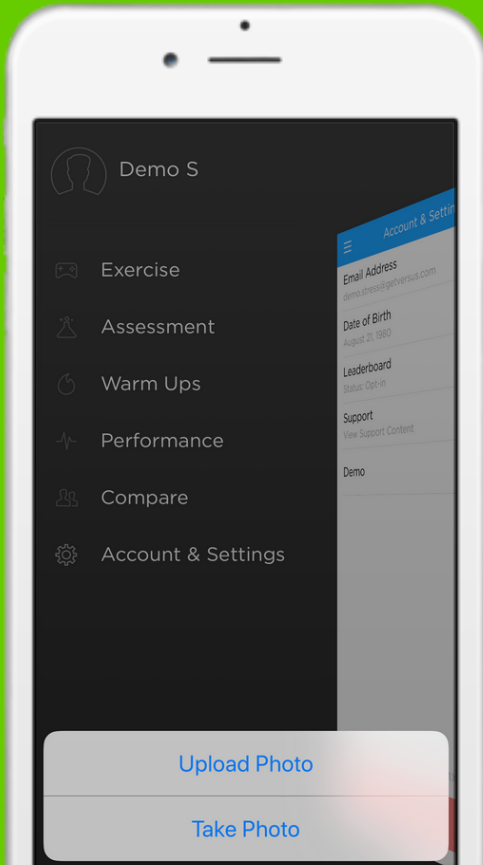
Forgot your password?

Need an Account?

Using the email address and password you registered, log in to the Versus app.
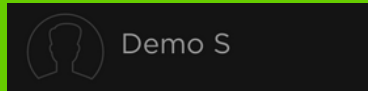
6 UPLOAD AN AVATAR

You are not required to upload an avatar.
Your avatar will be visible to other Versus users.

1. Open the Navigation Pane by pressing the menu button in the top left corner.
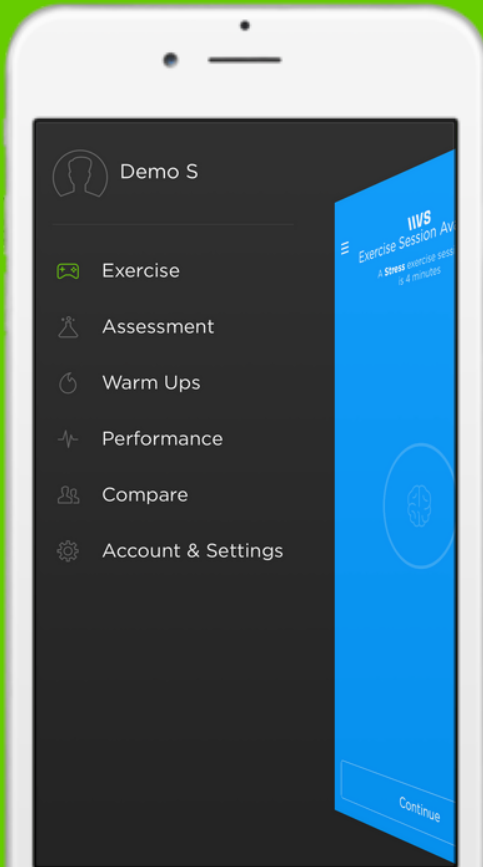
2. In the top left corner of the Navigation Pane, select the avatar button.

3. Click "Upload Photo" to use a picture from your device as your avatar. Click "Take Photo" to take a picture to use as your avatar.

START NAVIGATING

Demo S

🎮 Exercise

⚗ Assessment

⏱ Warm Ups

⎍ Performance

👥 Compare

⚙ Account & Settings

IIVS
Exercise Session Av
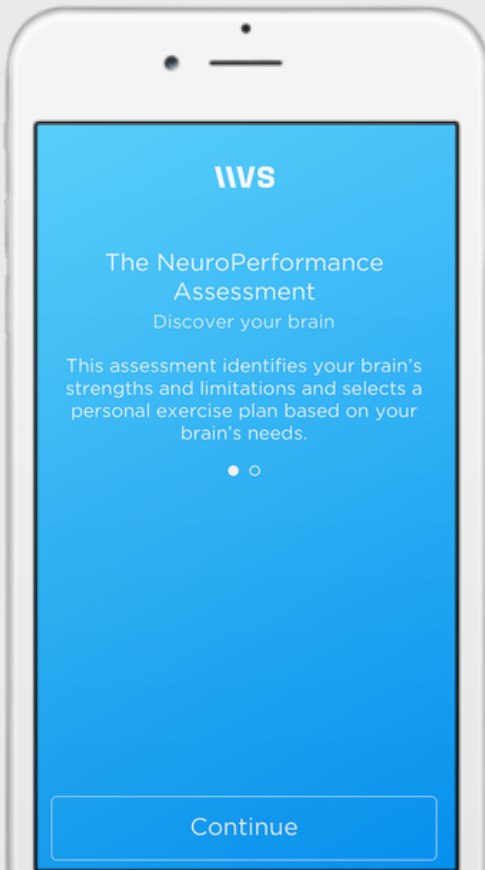A **Stress** exercise sess
is 4 minutes

Continue

1. Open the Navigation Pane by pressing the menu button in the top left corner.

2. Access the tabs listed below by selecting them from the Navigation Pane.

- Exercise: Access the Versus exercises.

- Assessment: Complete assessments, as available.

- Warm-Ups: Complete practice exercises.

- Performance: View your exercise and assessment results.

- Compare: Compare your performance to other users.

- Account & Settings: View and edit your account settings.

IIVERSUS

ASSESSMENT

NEUROPERFORMANCE ASSESSMENT (NPA)

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The NeuroPerformance Assessment
Discover your brain

This assessment identifies your brain's strengths and limitations and selects a personal exercise plan based on your brain's needs.

● ○

Continue

The NPA is used to identify your individual strengths and weaknesses around brain performance. It consists of two tasks: an eyes-closed (EC) task and a continuous performance task (CPT). You must complete an initial NPA before you can start the Versus exercises.

Duration: 14-22 Minutes

Purpose: Based on the results of the NPA, the app will automatically assign you the most appropriate Performance Protocol for your exercises. On a standard plan, you'll complete ~8 hours of exercise on that Protocol. You can then take another NPA to assess your progress.

EYES-CLOSED (EC) TASK
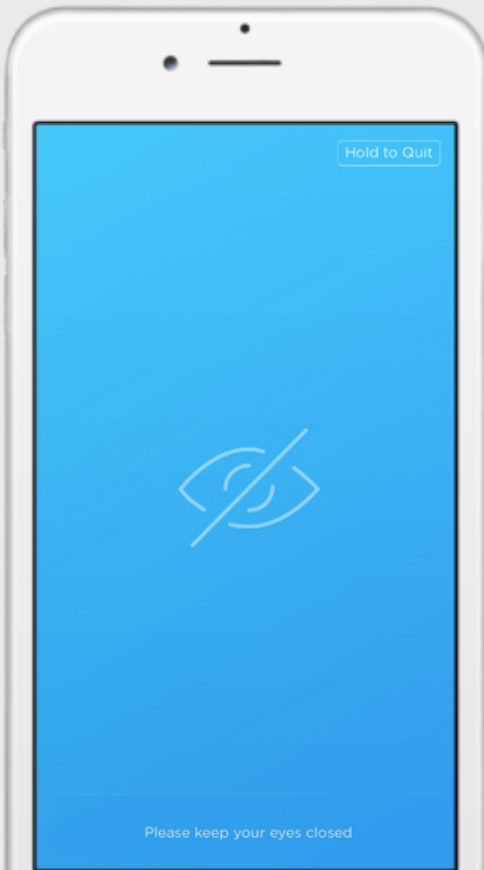
The eyes-closed task is used to get a baseline reading for your brain activity - to see what your brain looks like when nothing is being demanded of it.

Duration: 2-10 Minutes

Instructions: When instructed, close your eyes and keep them closed until you hear a three tone sound. Gentle tones will play throughout the task to let you know it's ongoing, so make sure your audio cable is connected. Relax and remain calm. The task will continue for 10 minutes, or until the app has collected 2 full minutes of quality data.

CONTINUOUS PERFORMANCE TASK (CPT)

Hold to Quit

5:06 Remaining
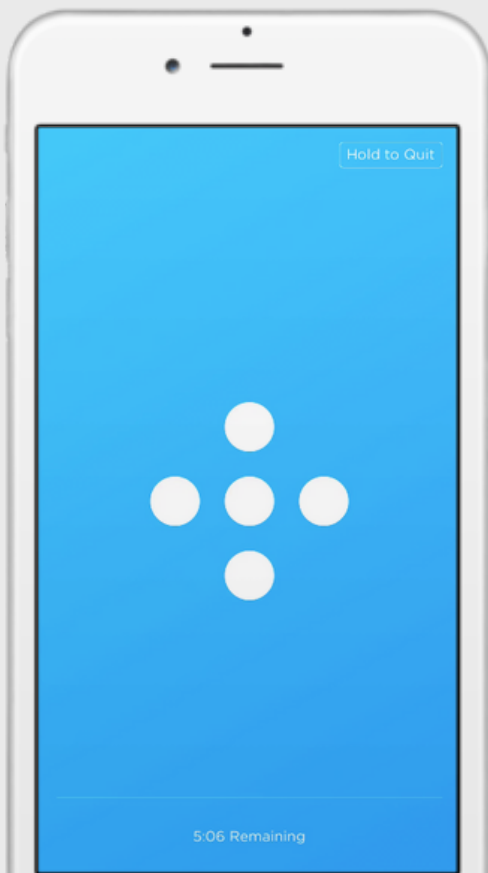
The CPT is used to determine how your brain functions over an extended task with varying levels of difficulty.

Duration: 12 Min. (Practice + Task)

Instructions: Before starting the CPT, you must complete the practice CPT (1 min). In both, you'll be shown a series of targets and non-targets. Tap the screen once, using a single finger, only when the specific target is shown.
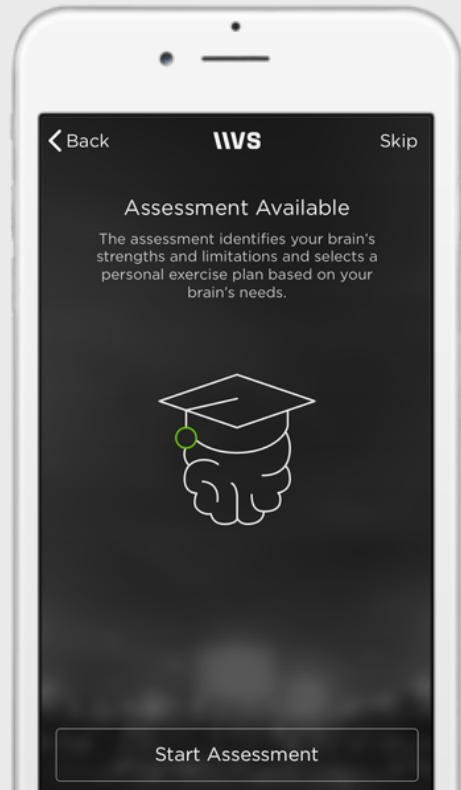
Versus Tip: You must complete the entire CPT at one time. If the CPT is interrupted, you'll have to start over. Complete in a distraction-free environment and remain still to avoid sensor disconnection.

① ACCESS THE ASSESSMENT

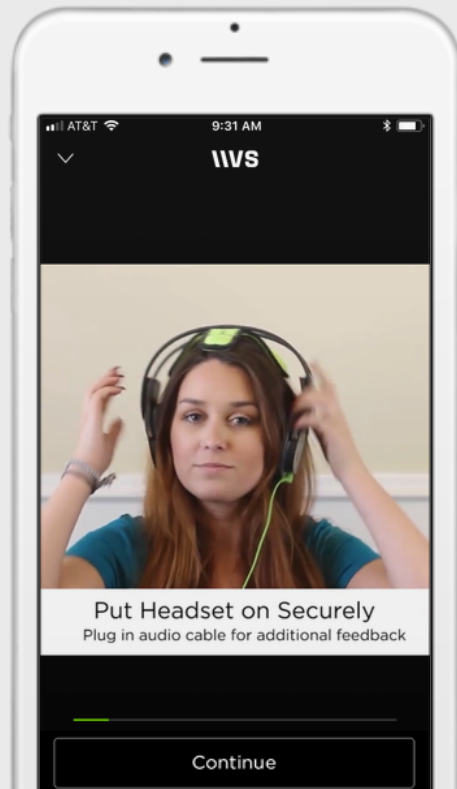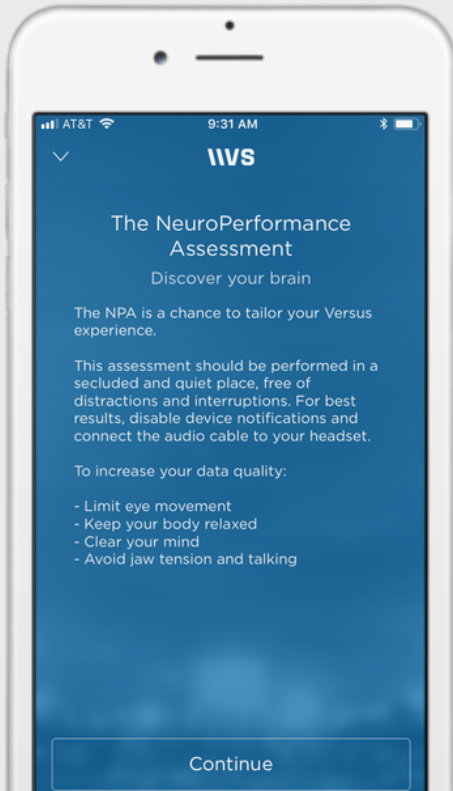1. From the Navigation Pane, select the Assessment tab.
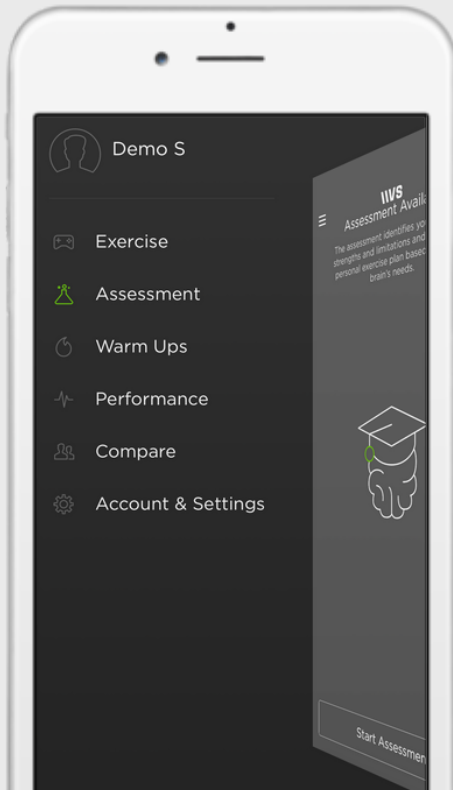
2. In the Assessment screen, press "Start Assessment".

② VIEW THE INSTRUCTIONS

Carefully read the instructions and watch the instructional video.
Press the "Continue" button when you are ready to proceed.

The NeuroPerformance
Assessment

Discover your brain

The NPA is a chance to tailor your Versus
experience.

This assessment should be performed in a
secluded and quiet place, free of
distractions and interruptions. For best
results, disable device notifications and
connect the audio cable to your headset.

To increase your data quality:

- Limit eye movement
- Keep your body relaxed
- Clear your mind
- Avoid jaw tension and talking

Continue

Put Headset on Securely
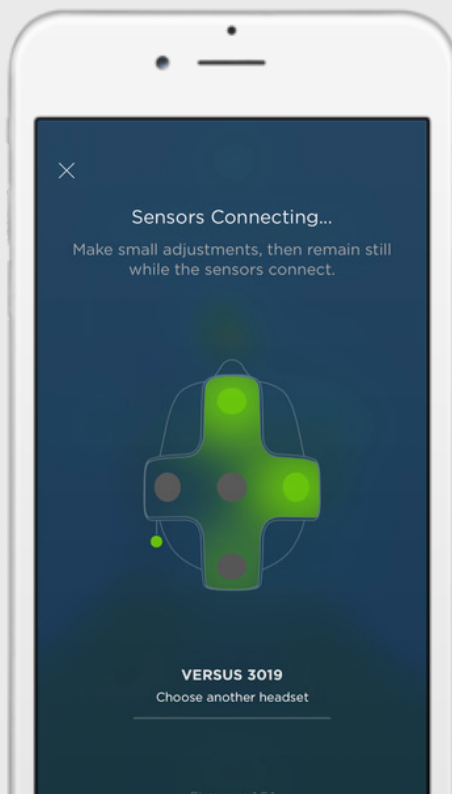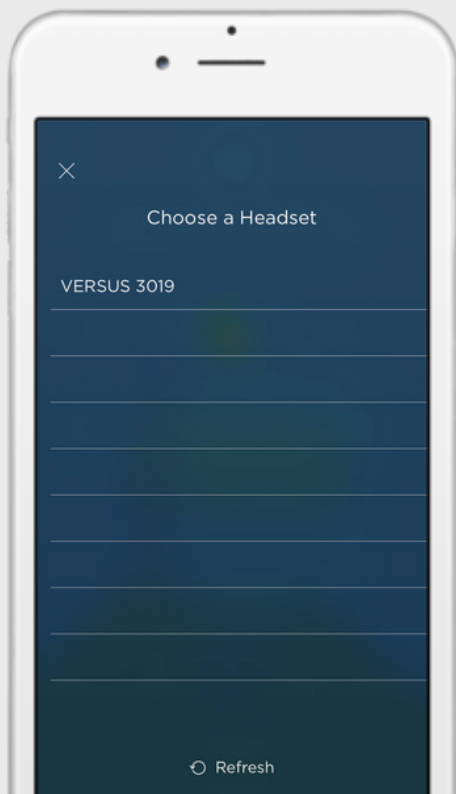Plug in audio cable for additional feedback

Continue

(3) GET CONNECTED

Need help? Visit support.getversus.com

1. From the list, choose the serial number of your headset (located on the right interior).

2. Adjust the headset until all 5 circles, which represent the sensors, are green.

✕

Choose a Headset

VERSUS 3019

↻ Refresh

✕

Sensors Connecting...

Make small adjustments, then remain still while the sensors connect.

VERSUS 3019
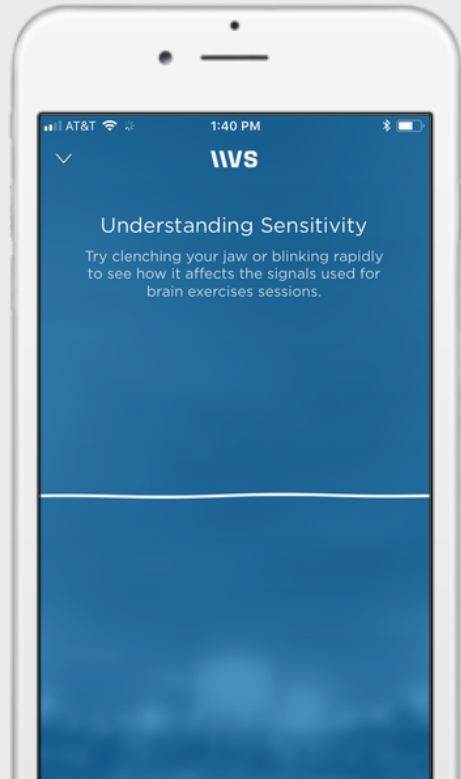Choose another headset

Firmware 1.5.1

4 LEARN ABOUT ARTIFACT

1. Learn how to avoid artifacts. Artifacts are data points that reflect movement (tension, blinking, etc.) instead of true brain activity.

2. Practice minimizing movement to reduce artifacts. Keep the line "calm" and tap the Continue button when it appears to proceed

See Bigger Waves?

These waves are called artifacts, and are bad for accurate brain exercise. A flat and consistent line is optimal.

Yawn

Continue

Understanding Sensitivity

Try clenching your jaw or blinking rapidly to see how it affects the signals used for brain exercises sessions.
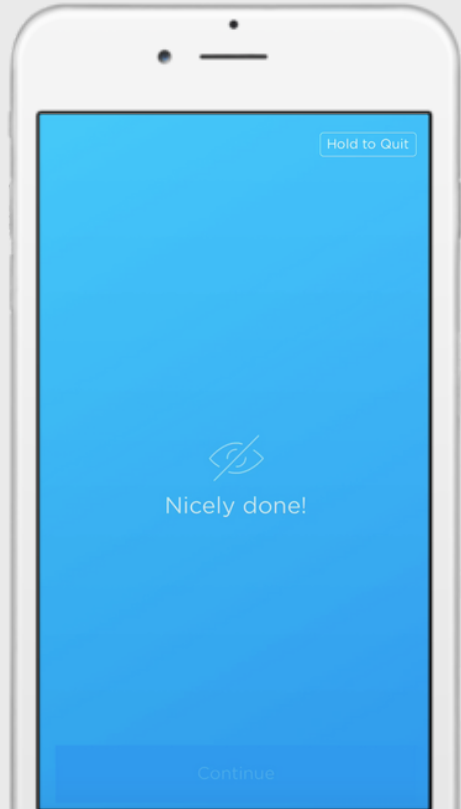
⑤ COMPLETE THE EC TASK

1. When prompted by the app, close your eyes and keep your mind clear and body relaxed.

2. When you hear a 3 tone ring, open your eyes. The eyes-closed task is complete.
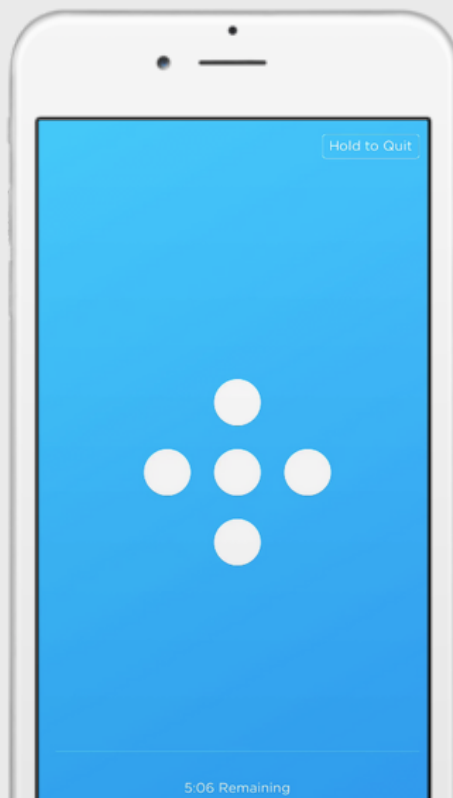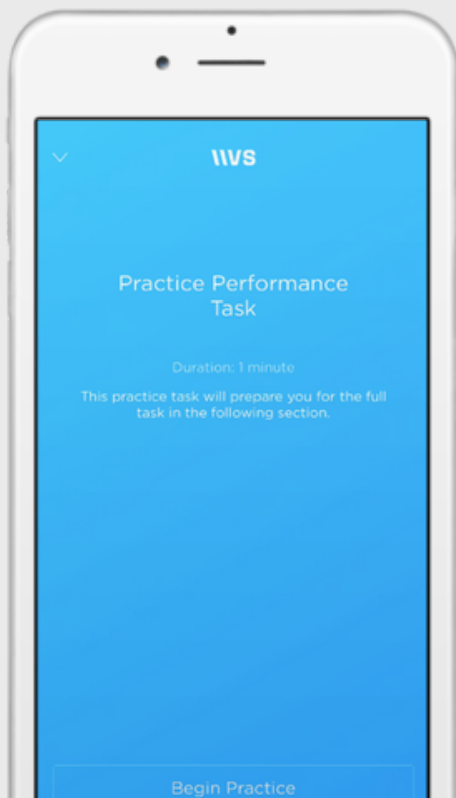
(6) COMPLETE THE CPT

1. Read the instructions and complete the practice Continuous Performance Task.

2. Only tap the screen when you see the target. Avoid excess blinking and movement.
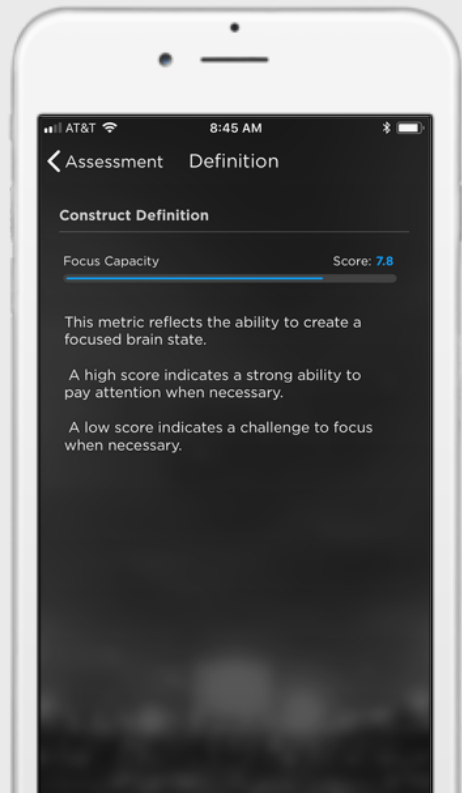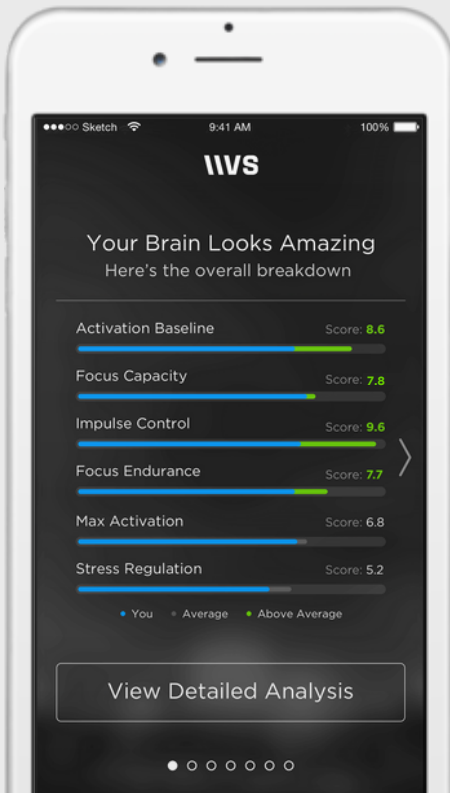
(7) VIEW YOUR RESULTS

1. View your construct scores. These results will also be automatically emailed to you.

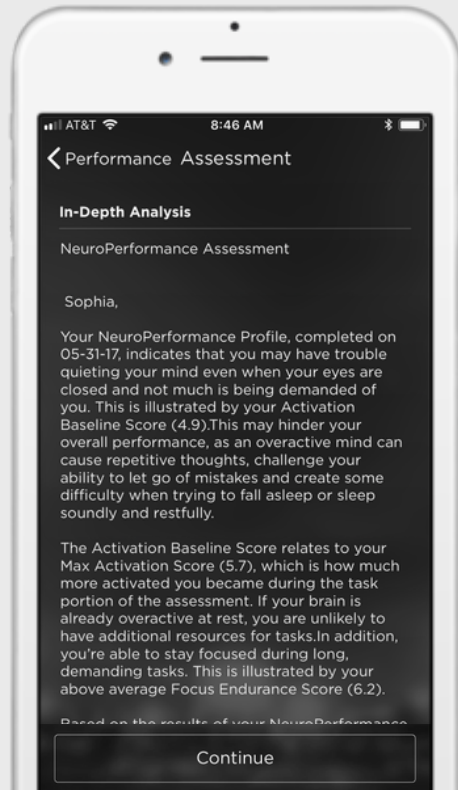2. Click on the individual constructs to view a detailed explanation.

●●●○○ Sketch 🔋   9:41 AM   100% ▮

IIVS

Your Brain Looks Amazing
Here's the overall breakdown

Activation Baseline	Score: **8.6**
Focus Capacity	Score: **7.8**
Impulse Control	Score: **9.6**
Focus Endurance	Score: **7.7**
Max Activation	Score: 6.8
Stress Regulation	Score: 5.2

● You   ● Average   ● Above Average

View Detailed Analysis

● ○ ○ ○ ○ ○ ○ ○

📶 AT&T 🔋   8:45 AM   ✻ ▮

❮ Assessment   Definition

Construct Definition

Focus Capacity   Score: **7.8**

This metric reflects the ability to create a focused brain state.

A high score indicates a strong ability to pay attention when necessary.

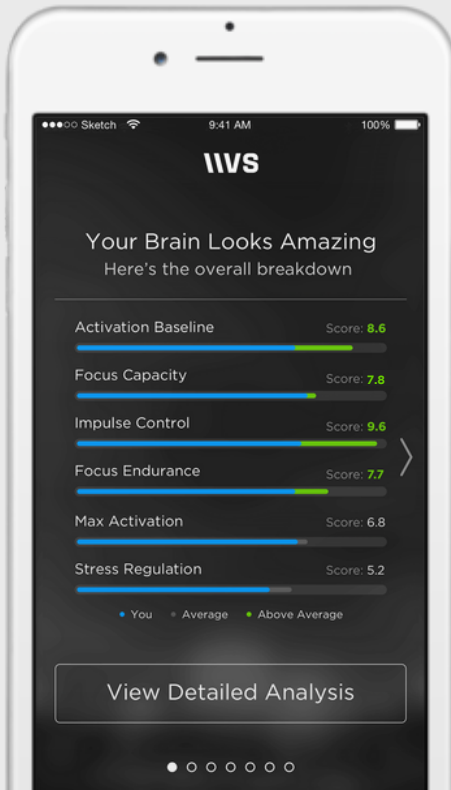A low score indicates a challenge to focus when necessary.

⑧ VIEW DETAILED ANALYSIS

1. Click "View Detailed Analysis" to view an interpretation of your assessment results, which will also be emailed to you.

2. After reading your results interpretation, press "Continue" to view details about your assigned Performance Protocol.

IIVS

Your Brain Looks Amazing
Here's the overall breakdown

Activation Baseline	Score: **8.6**
Focus Capacity	Score: **7.8**
Impulse Control	Score: **9.6**
Focus Endurance	Score: **7.7**
Max Activation	Score: 6.8
Stress Regulation	Score: 5.2

• You   Average   • Above Average

View Detailed Analysis

‹ Performance Assessment

In-Depth Analysis

NeuroPerformance Assessment

Sophia,

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 more activated you became during the task portion of the assessment. If your brain is already overactive at rest, you are unlikely to have additional resources for tasks.In addition, you're able to stay focused during long, demanding tasks. This is illustrated by your above average Focus Endurance Score (6.2).

Based on the results of your NeuroPerformance
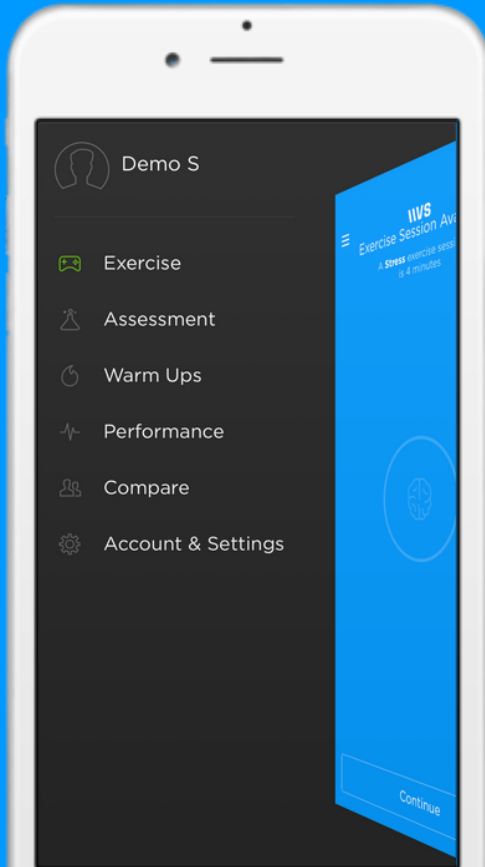
Continue

EXERCISE

EXERCISE

From the Exercise tab, you can complete the Versus exercises and available assessments.

To get more familiar with the Versus system before you start the exercises, try the Versus warm ups, available in the Warm Ups tab on the Navigation Pane.
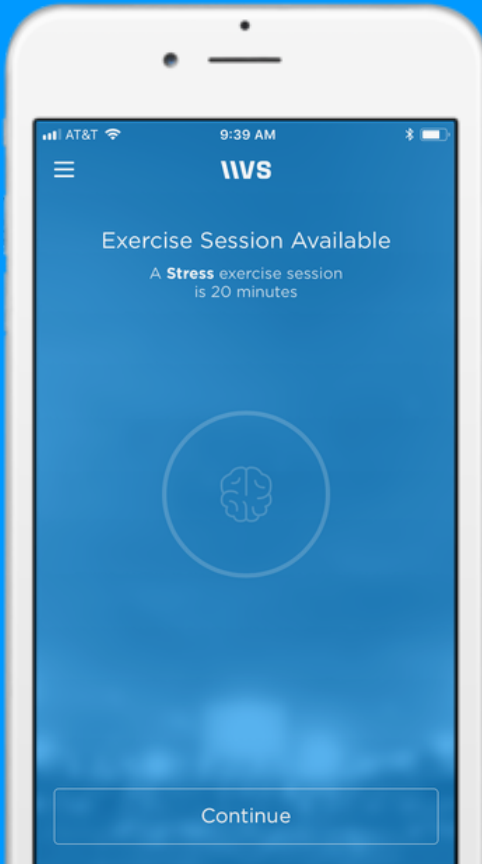
1 ACCESS THE EXERCISES

Demo S

🎮 Exercise

🏺 Assessment

🕙 Warm Ups

〰 Performance

👥 Compare

⚙ Account & Settings

IIVS
Exercise Session Ava
A **Stress** exercise sess
is 4 minutes

Continue

From the Navigation Pane, select the Exercise tab.

② START THE EXERCISES

1. Read the session description. You will either be on a Stress or Focus protocol.

2. Press "Continue" to proceed.

Let's Play NeuroBalloon

As the circles converge, your balloon will ascend. Achieve your optimal state to rise faster! Tilt your screen to see the sights as you climb into the sky.
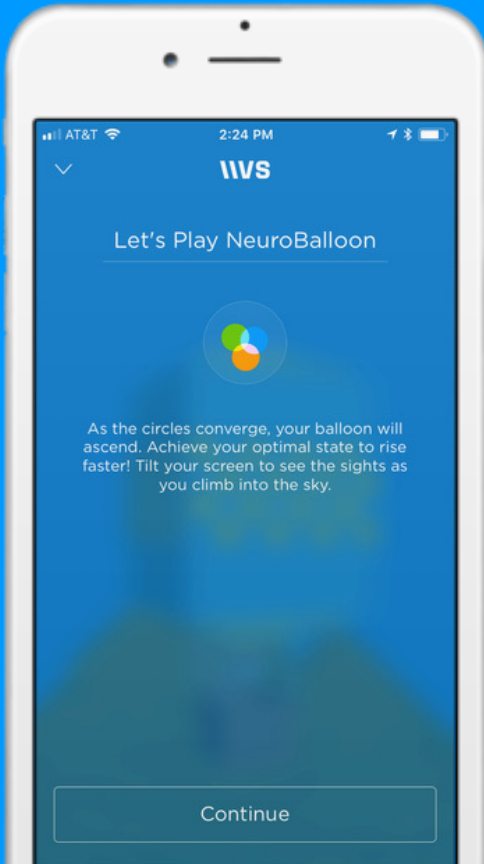
Continue

1. Before each of the 4 games, you'll be provided with instructions on how to play. Read these instructions carefully.

2. Press "Continue" to proceed.

GET CONNECTED

Need help? Visit support.getversus.com

1. From the list, choose the serial number of your headset (located on the right interior).

2. Adjust the headset until all 5 circles, which represent the sensors, are green.

✕

Choose a Headset

VERSUS 3019

↻ Refresh

✕

Sensors Connecting...

Make small adjustments, then remain still while the sensors connect.

VERSUS 3019
Choose another headset
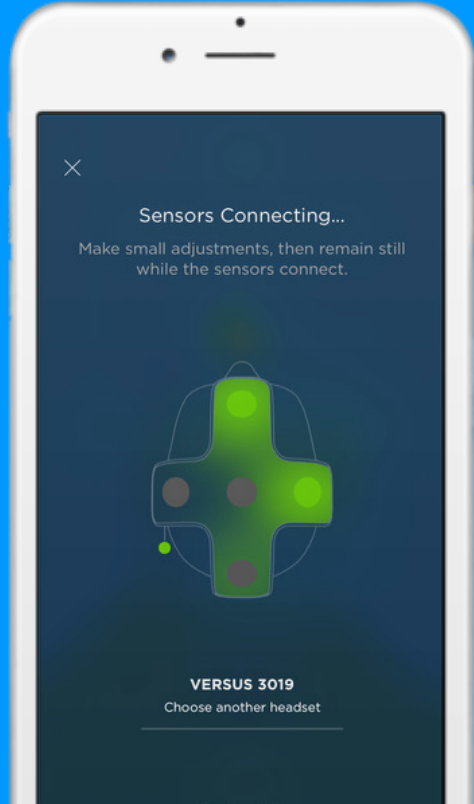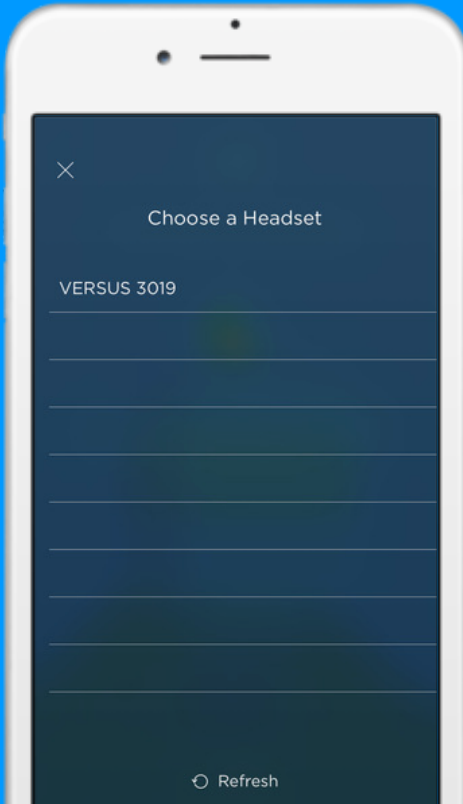
5 COMPLETE THE EXERCISES

The app will guide you through 4 games, each the same length of time.

The primary goal of each of the games is to get the 3 circles at the bottom of the screen to converge by creating the desired brain state.

The secondary goal is to engage with the game and earn Neuropoints. These points are accumulated as you bring the three circles together and do well in the games.

6 VIEW YOUR ZONE TIME
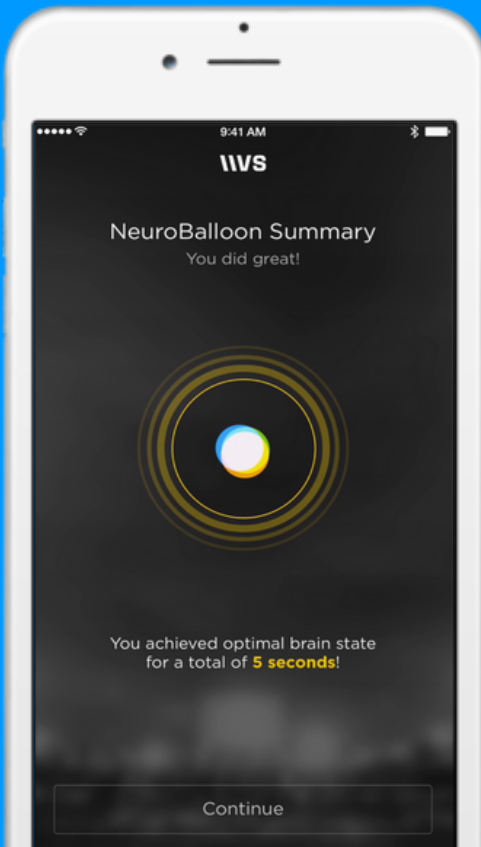
At the end of each game, you'll be shown your Points and Optimal Zone Time for that game. When you complete an exercise session, you'll be shown your total Points and Optimal Zone Time for the entire session.

Optimal Zone Time: This is the amount of time you were in the optimal zone (all 3 circles were converged) for the desired brain state. The optimal zone is difficult to reach; you should not expect a significant amount of time. If you don't see this screen, it means you didn't accumulate any Optimal Zone Time.
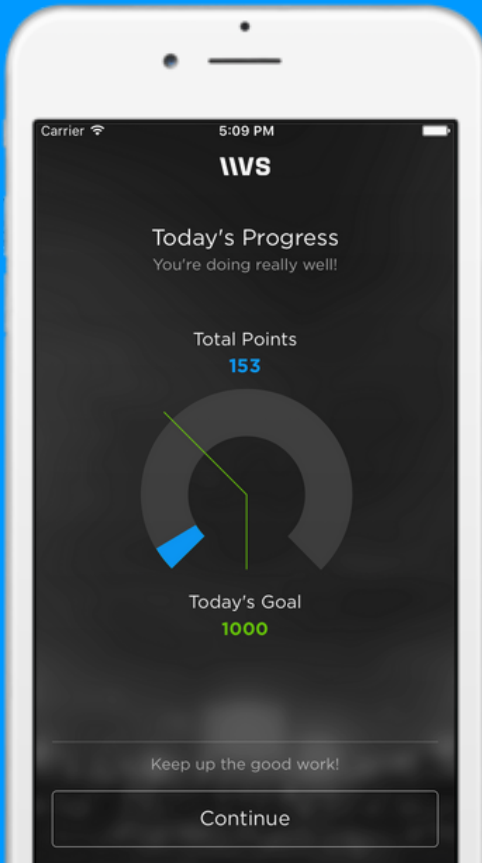
VIEW YOUR POINTS

Points: The more you are able to get the circles to converge, the more points you'll earn. You'll earn points more quickly when you're in the optimal zone.

Points Goal: Your Points Goal is based on how well you did in your previous exercise session.

\\VERSUS
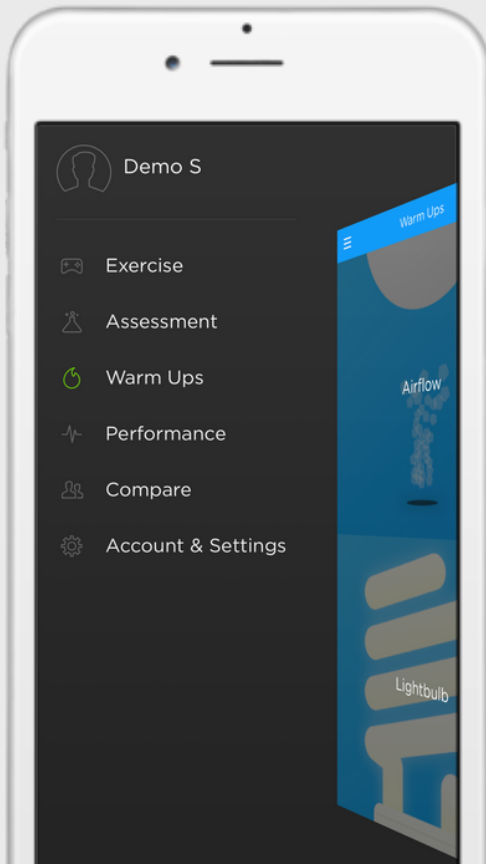
WARM UPS

WARM UPS

Warm ups are practice exercises that can help you get accustomed to using Versus.

To access the warm ups, select the Warm Ups tab from the Navigation Pane.

AIRFLOW
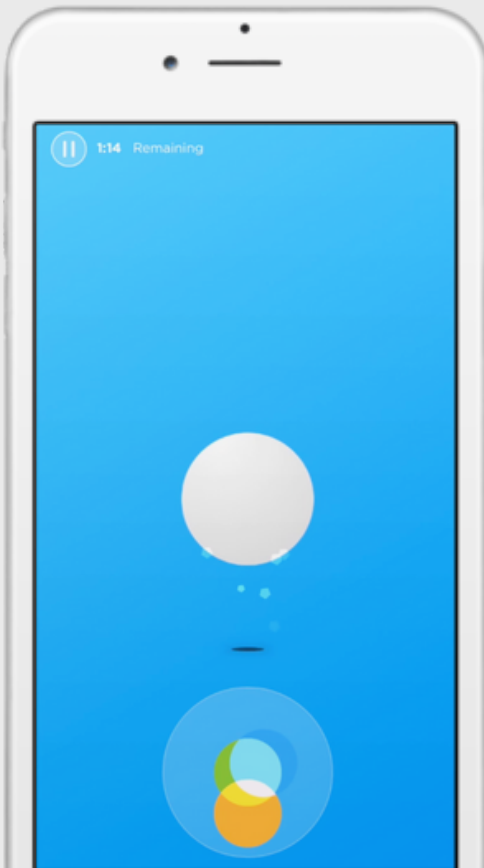
Instructions: Read the provided instructions and press "Continue" to proceed. Complete the sensor verification process, as you would for the standard Versus exercises.

Goal: Get the 3 circles at the bottom of the screen to converge by creating the desired brain state. The more effectively you produce that state, the higher the ball will rise.

LIGHTBULB

Instructions: Read the provided instructions and press "Continue" to proceed. Complete the sensor verification process, as you would for the standard Versus exercises.

Goal: Get the 3 circles at the bottom of the screen to converge by creating the desired brain state. The more effectively you produce that state, the more the lightbulb will illuminate.
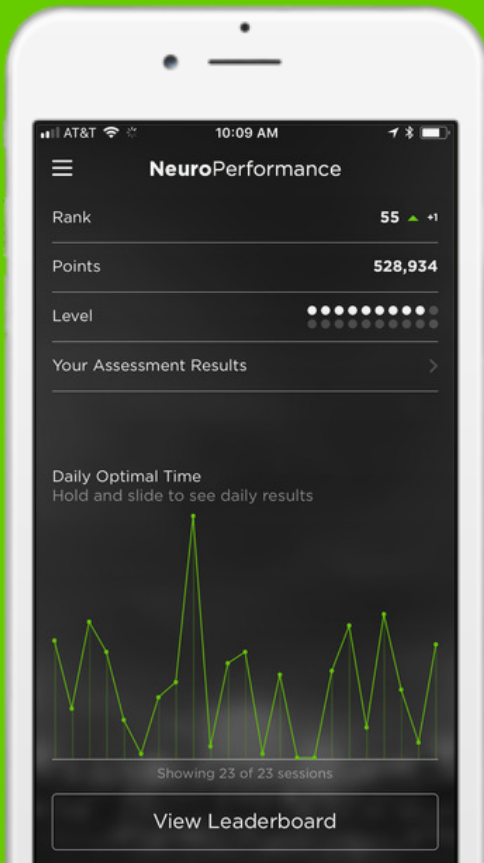
\\\\VERSUS

PERFORMANCE

PERFORMANCE
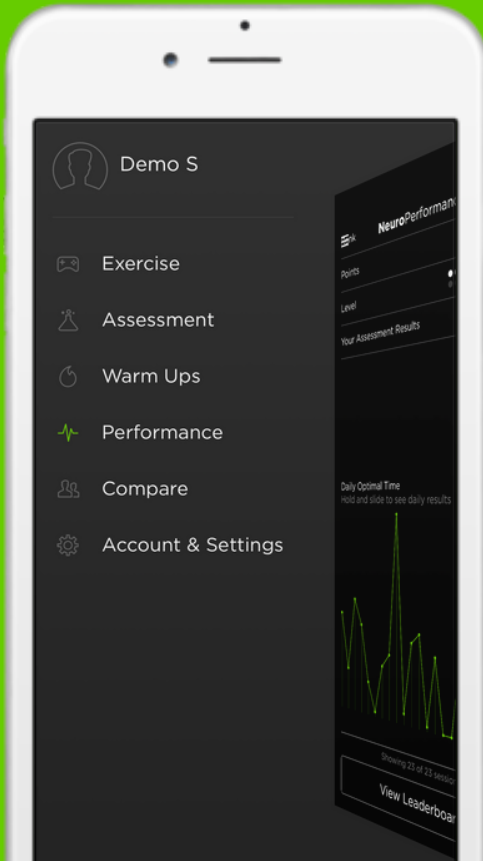
In the Performance tab, you can view the results of your past assessments and exercise sessions.

To access the Performance tab, select "Performance" from the Navigation Panel.

PERFORMANCE

Rank: Your position in relation to other Versus users, based on your points total.

**Points:** The total amount of points you have accumulated across all your exercise sessions.

Level: Your current game level in the exercises.

Your Assessment Results: Click to view the results of your most recent NPA.

DAILY STATISTICS

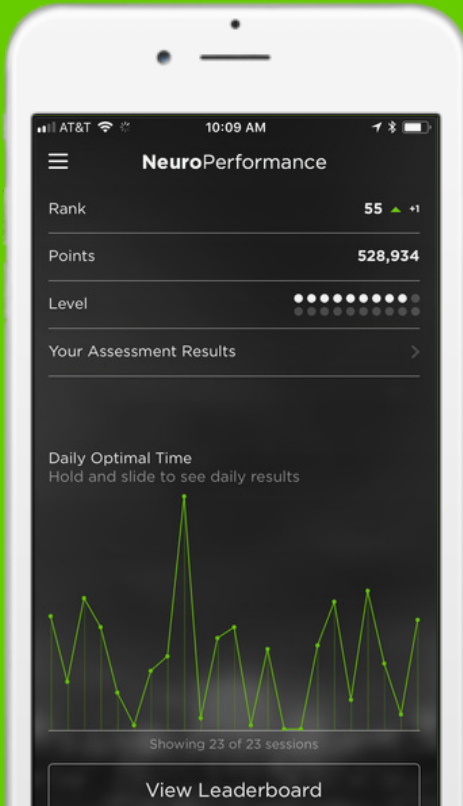1. Press and hold the green dots under Daily Optimal Time to see the breakdown of the results of each session.

2. View the Points and Optimal Zone Time you accumulated in the exercise session on the selected date.
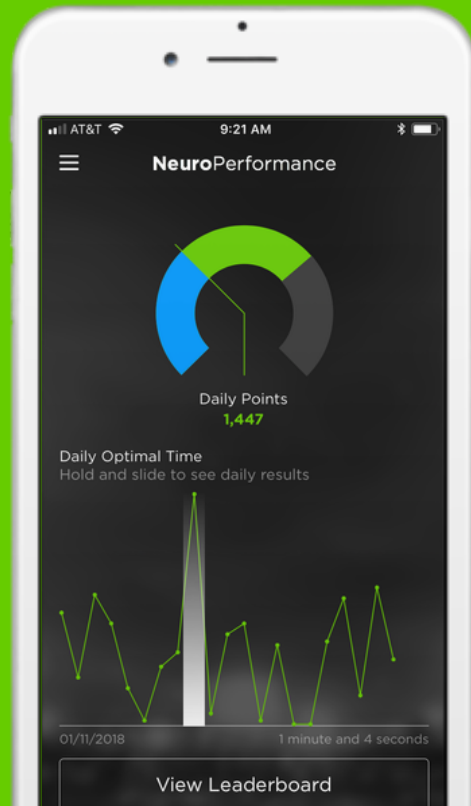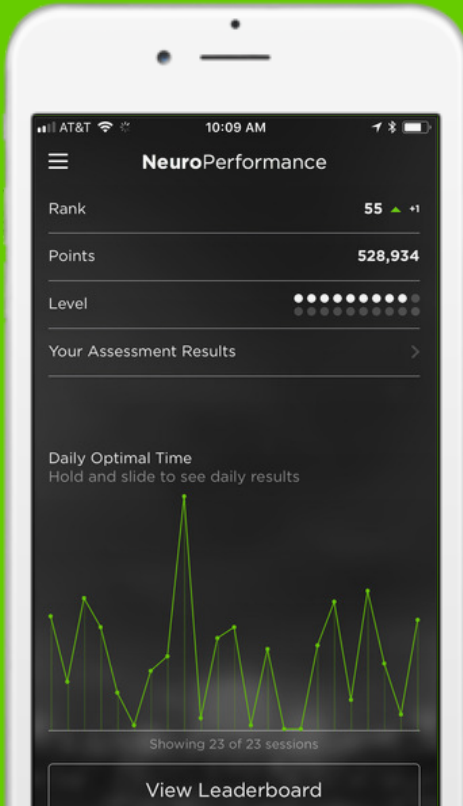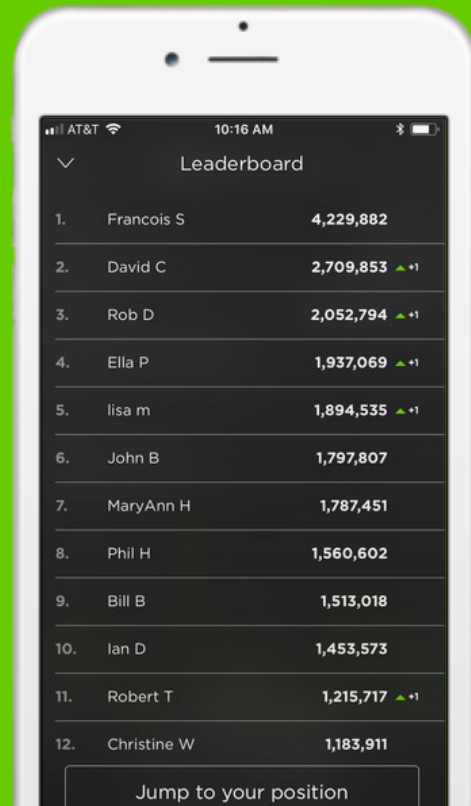
LEADERBOARD

Compare your rank with other Versus users. You are automatically opted-in to the Leaderboard. To opt-out, go to Account & Settings.

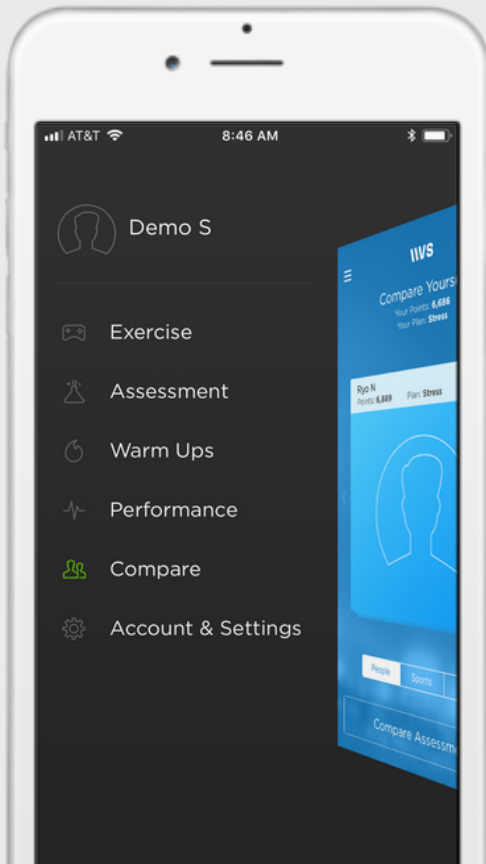1. Press "View Leaderboard" at the bottom of the screen.

2. Press "Jump to Your Position" to view your rank.

	NeuroPerformance	
Rank		55 ▲ +1
Points		528,934
Level		●●●●●●●●●○○○
Your Assessment Results		›

Daily Optimal Time
Hold and slide to see daily results

Showing 23 of 23 sessions

View Leaderboard

|	Leaderboard	
1.	Francois S	4,229,882
2.	David C	2,709,853 ▲ +1
3.	Rob D	2,052,794 ▲ +1
4.	Ella P	1,937,069 ▲ +1
5.	lisa m	1,894,535 ▲ +1
6.	John B	1,797,807
7.	MaryAnn H	1,787,451
8.	Phil H	1,560,602
9.	Bill B	1,513,018
10.	Ian D	1,453,573
11.	Robert T	1,215,717 ▲ +1
12.	Christine W	1,183,911

Jump to your position

VERSUS

COMPARE

COMPARE

In the Compare tab, you can compare your exercise and assessment results with those of other Versus users.

To access the Compare tab, select "Compare" from the Navigation Panel.
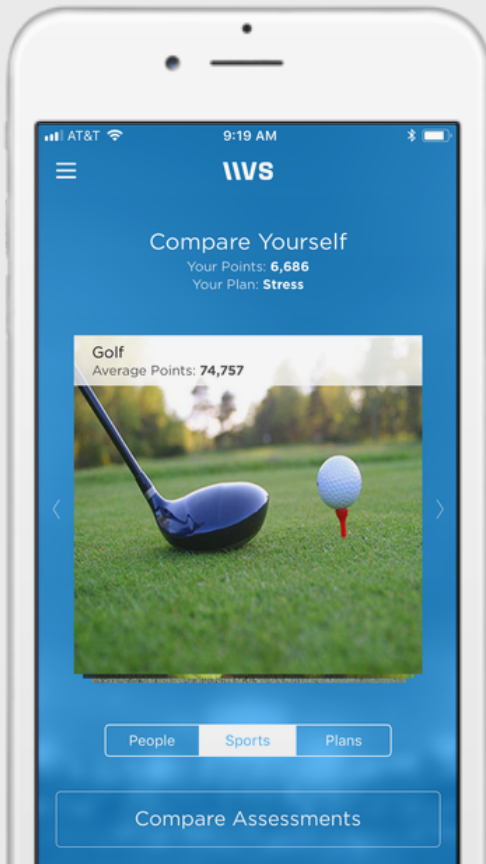
COMPARE TO USERS
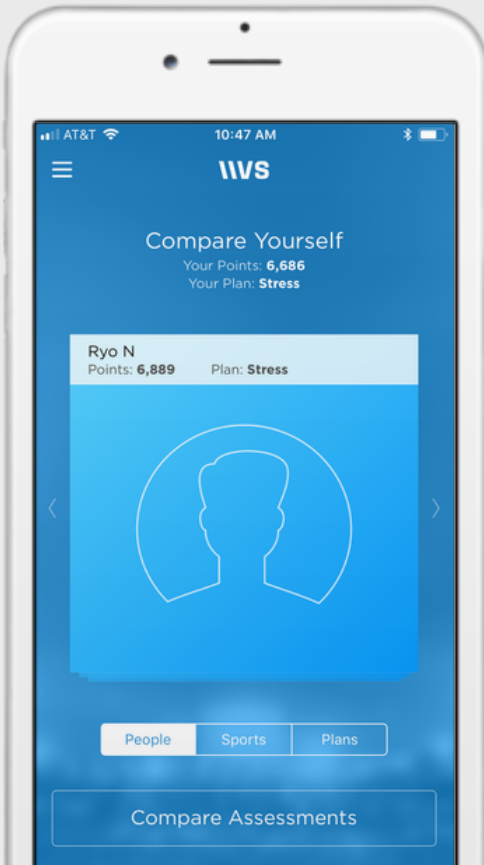
1. To compare yourself to individual Versus users, press "People".

2. Swipe right or left to see different users.

3. Select "Compare Assessments" to compare your NPA results to the selected user. Click on the individual constructs to view more details.
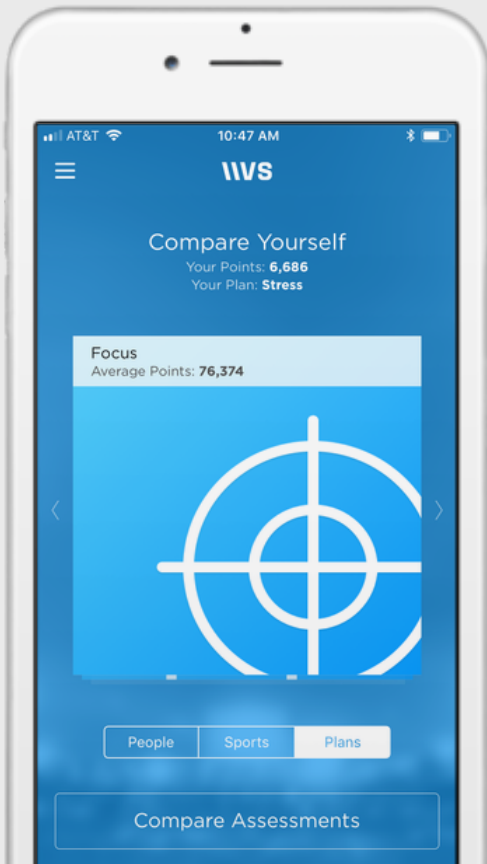
COMPARE TO SPORTS

1. To compare yourself to the average for Versus users registered under a particular sport, press "Sports".

2. Swipe right or left to see different sports.

3. Select "Compare Assessments" to compare your NPA results to the average for users in the selected sport. Click on the individual constructs to view more details.

COMPARE TO PLANS

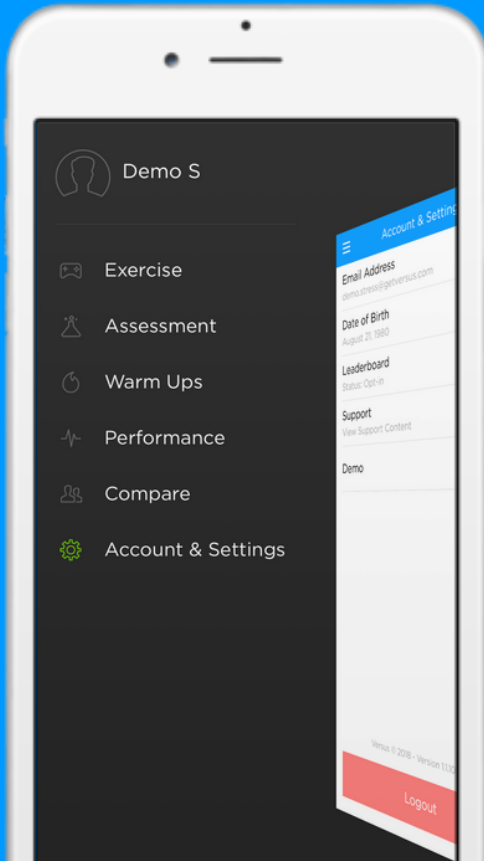1. To compare yourself to the average for Versus users on Stress or Focus plans, press "Plans".

2. Swipe right or left to see different plans.

3. Select "Compare Assessments" to compare your NPA results to the average for users on the selected plan. Click on the individual constructs to view more details.

\\\VERSUS

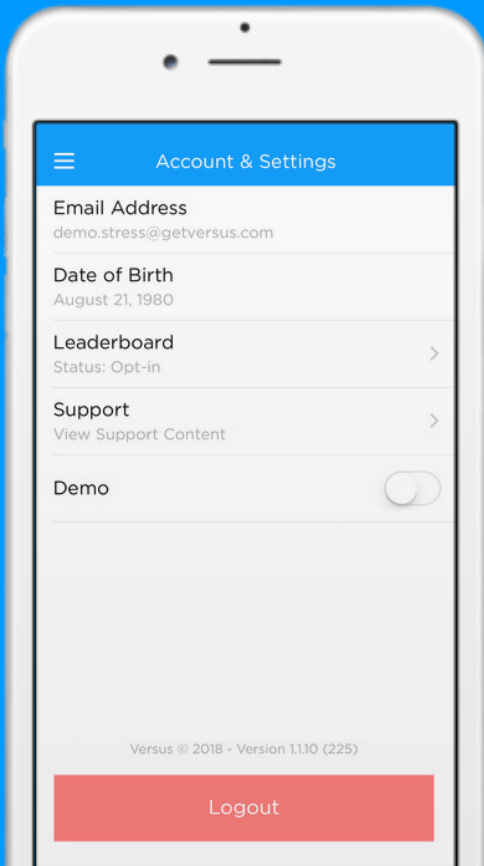# ACCOUNT & SETTINGS

ACCOUNT & SETTINGS

From the Account & Settings tab, you can view and edit your account settings and access support materials.

To access this section, select "Account & Settings" from the Navigation Panel.

Demo S

Exercise

Assessment

Warm Ups

Performance

Compare

Account & Settings

Account & Settings

Email Address
demo.stress@getversus.com

Date of Birth
August 21, 1980

Leaderboard
Status: Opt-in

Support
View Support Content

Demo

Versus © 2018 - Version 1.1.X

Logout

ACCOUNT & SETTINGS

Your email address and date of birth cannot be changed in-app.
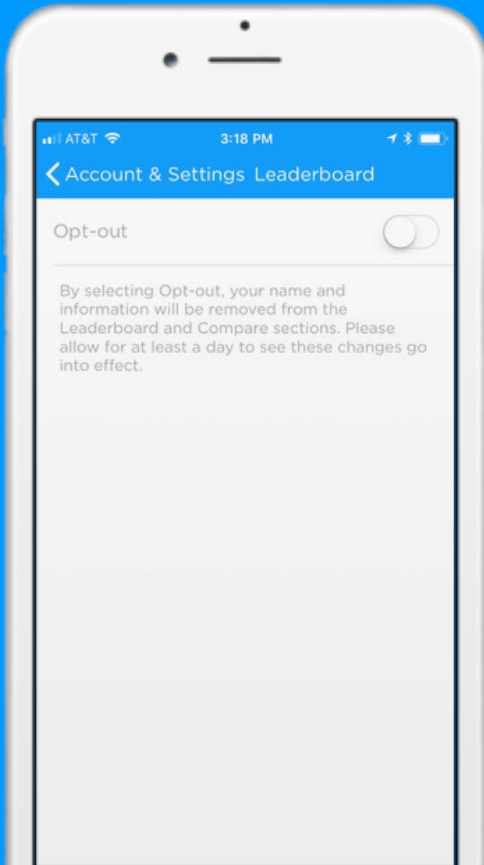To modify these, please contact support@getversus.com

Leaderboard: Select to opt in or out of the Leaderboard.

Support: Select to access support videos and information.

**Logout:** Select to log out of your Versus account.

LEADERBOARD SETTINGS

By default, you will be opted in to the Leaderboard. This means that other Versus users will be able to see your first name and last initial, avatar, current plan, and points total in the Leaderboard and Compare sections.

Opt-Out: To opt-out of the Leaderboard, click the toggle button so that it is in the off position. Your information will no longer be visible in the Leaderboard or Compare sections.

SUPPORT
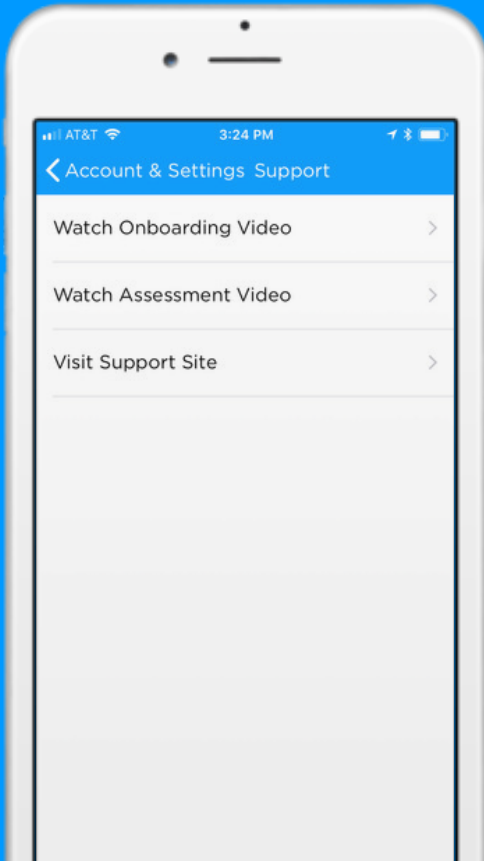
Onboarding Video: Select to watch a video about connecting the Versus headset.

Assessment Video: Select to watch a video about completing the assessment.

Support Site: Select to visit the Versus support site (support.getversus.com).
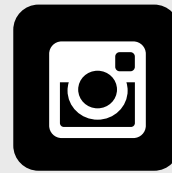
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Questions? Comments? We're here to help!

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