Cognitive Monitoring Program Overview for Service Members

The Department of War's (DoW) newly designated cognitive assessment tool is Cognitron. This measures key cognitive functions like memory, attention, and processing speed. Periodic cognitive testing helps the Military Health System track brain health over time and detect changes early. This ensures you receive timely care if needed and helps maintain overall mission readiness. This test is only one part of protecting your brain health.

Why am I Being Asked to Take a Cognitive Assessment?

Your brain is your greatest asset, and the DoW is committed to brain protection. Completing cognitive testing is an important first step to safeguard your brain health throughout your career. Your results are released in accordance with the Health Insurance Portability and Accountability Act (HIPAA) and the Privacy Act of 1974.

Important Instructions for Taking the Test

To ensure your results are an accurate reflection of your abilities, please follow these guidelines:

- **There is no pass or fail**, but it's important to try your best.
- **Find a quiet place** where you can focus for about **20 minutes** without distraction. The ability to fully concentrate on the test is necessary to ensure accurate results.
- **Don't open other applications** or websites or receive calls or text messages until you've completed the test.
- **Avoid alcohol or medications that cause drowsiness. Don't take this test if you've recently taken non-routine or optional medications or substances that may cause drowsiness or alter your thinking skills.**
- **Sleep consistently, eat and hydrate appropriately, and take the test at the time of day you feel most alert.**

How to Take the Test

The test is self-administered and can be taken on a government or personal computer, smartphone, or tablet.

Access the Test:

1. **Access the Test:** Go to the secure portal at https://warriorcognition.health.mil, or scan the adjacent QR code.
2. **Register and Log In:** Follow the on-screen instructions to register for a One-Time Passcode *or* log in with your CAC when using a computer with a card reader. **Need help with self registration?** A Quick Reference Guide is available on the website.
3. **Select the Reason for the Test** (e.g., baseline, periodic, pre-deployment, provider directed).
4. **Take the Test:** Once logged in, you'll see the option to "Take Test." You've finished the test when you see the message "Test Completed" and a snapshot of your results appears.
5. **If the test detects an invalid result**, you'll be directed to retake the test after 24 hours.
   - Invalid results occur if there was a loss of focus or atypical response pattern (such as rapid guessing, patterned response, high response inconsistency, or performance at or below chance).
   - After two invalid attempts, you'll be directed to take the test a third time in a supervised environment. Your military service leadership will determine the notification process.
   - If you have three invalid attempts, you'll be directed to seek a clinical evaluation. The goal is to ensure the results are a valid snapshot of your cognitive health.

For troubleshooting or technical issues, contact the **DHA Global Service Center** 24/7 at https://gsc.health.mil or call **800-600-9332**.