

# CNS Testing



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## What is a CNS?

CNS stands for a Computerized Neurocognitive Screening. It is an assessment that measures domains such as your reaction time, your memory, and your attention. It is an overall indication of how you may perform in your daily life when presented with a task. After doing an assortment of different assessments, you will be given a few short questionnaires as directed by your provider.

The overall duration takes about an hour, although additional time can be provided to help accommodate your needs.

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## How does it work?

This assessment can either be done in office, or remotely. It's a battery of short, simple assessments designed to gauge your ability to carry out basic tasks. There are a variety of different assessments, with each one measuring you on various domains. These measurements are compared against people roughly your age, and give your provider an understanding of how your abilities may differ from your peers. It is not an IQ test and can not be used to measure your intelligence.



## BENEFITS OF THIS TESTING

- ✓ The test itself is easy, safe, and convenient. Results are ready immediately for your provider.
- ✓ The results may provide validation for what you've been feeling and experiencing.
- ✓ This test provides great supplementary information to your providers to better understand how you may be functioning in your daily life.

# STEPS TO A CNS

## STEP 01

### **CNS Education**

You're Salience Health Provider may have indicated that you learn about CNS as a part of your new patient intake experience. This education will be conducted by a Salience Health Care Navigator alongside any other education you may need. The information provided here will be a brief summary of the testing and will not be comprehensive.

## STEP 02

### **Insurance Coverage Determined**

Immediately after your appointment with your provider, your insurance benefits will be checked by our verification experts to determine your expected costs for your appointment. We will have your expected out-of-pocket costs prepared for when we call back to get you scheduled.

## STEP 03

### **Scheduling and Additional Information**

Once we have your out-of-pocket costs, one of our Patient Experience Advocates will call you to set up your appointment. If you have any questions about your benefits, or you have questions that your Salience Health Care Navigator did not answer, your Advocate will get you that information. In some cases, your benefits may have been checked before your initial appointment. In those instances, we can get you scheduled before you check out. You can either pay when scheduling your appointment, or you may ask to wait until the day of your testing.

## STEP 04

### **Day of Testing**

For the day of the test, we ask that all patients refrain from any stimulants beforehand. All other medications your provider's ordered should be taken as normally. If it is an in-office appointment, we will set you up with the test upon arrival. If you are taking this test remotely, please set aside at least an hour for the testing in a quiet area where you will not be distracted. From there, all you will need is a laptop or desktop computer with internet access. The technician will call you at the time of your appointment.



## STEP 05

### Setup for Testing

When you've arrived and check in at the front desk, one of our technicians will walk you to one of our testing rooms. There, you will be seated while the technician begins to explain the testing. They will go over any buttons you need to complete the testing while ensuring you're comfortable and able to complete the test.

If you are taking the test remotely, the technician will email you a link over the phone that will explain the test.

## STEP 06

### The Assessment Itself

The assessment is a battery of short tests. You will be measured on your ability to read and follow the instructions presented during this time. The tests may be things such as being asked to remember certain words or shapes, sorting objects by their color or shape, or they may even consist of basic logic puzzles. When you are done, the technician will check to ensure that you've given the test your best effort and understood all of the instructions. From there, if you did not do as well as you could have, you will be given the chance to retake certain portions of the exam.



## STEP 07

### Ending the Appointment

The technician may also lead you to a different room for any other appointments you may have with us that day after they finish your CNS. From there, your technician will lead you to the front desk after the test is completed. You can schedule your follow-up appointment with one of our Patient Experience Advocates if you do not already have one, as well as schedule any other additional appointments you may still need to complete.

If you are taking the test remotely, you may be called to collect payment or to schedule your follow-up appointments by one of our Patient Experience Advocates.

## STEP 08

### Your Results

Your results will be ready for review by the time of your next follow-up appointment. Your provider will walk you through them, as well as the next steps in your treatment plan. If you would like to request a copy, please let your Provider know and they will get them to you after your appointment.