

ImPACT is a computer-based concussion screening tool used to help assess the cognitive functions of the brain. It is a tool that is used to aid physicians and athletic trainers in determining the appropriate treatment protocols necessary in the event of a concussion. An initial “baseline” must be documented in order to accurately aid in assessment and treatment. This initial exam will assess your baseline score.

**Please review the following prior to taking the test.**

**Test Environment**

Specific requirements regarding test environment should be followed to prevent distractions and interruptions. Test takers’ performance can be affected by distraction or engaging in other activities while attempting to take the test. Therefore, we recommend the following:

1. The physical environment should be quiet and free of noise.
2. All mobile phones, music players, and other electronic devices should be turned off.
3. The test taker should not be engaging in another activity or conversing with others.
4. Ideally, the test should be administered in an area limiting glare on the screen. Testing outdoors in direct sunlight is not recommended due potential issues with glare.

Note: It is recommended that test takers are well-rested and do not complete testing immediately after vigorous exercise as this may affect test results.

**Technical Requirements**

You may complete the test on a desktop computer that has a color monitor and a mouse. A laptop may be used if a mouse is also available for use. The touch pad on a laptop does not allow for accurate test results. The test is delivered as a web application thus it requires a modern web browser and a reliable Internet connection.

After you complete the test, you’ll receive your ImPACT Passport ID via email (Only a trained healthcare provider can access your test results.)

**Miscellaneous**

- You’ll be asked how many years of education you have had so far. The answer will be **your current grade minus 1**.
  - Example: I am a 9<sup>th</sup> grade student, therefore, have completed 8 years of education so far.
- When entering in your birthdate, enter 4 digits for the year you were born.
  - Example: “2013” instead of “13.”
- If you have had previous concussions and are unsure of the exact date, estimate as best you can even if that means only knowing the year.
- **CAREFULLY** read each set of instructions before each section.
- Try your absolute **BEST!** – After the test, your results will be reviewed. ***If the results are NOT within normal limits for your age/grade, you may have to retake the test.***