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PROGRAM OVERVIEW

WWW.ROBERTOAPP.COM

BRAIN READINESS PROGRAM



According to a recent Gallup News Report, workgroups that received performance interventions saw sales increase by 10% to 19% and profits by 14% to 29%.

Brain performance directly impacts job performance.

The ability to learn and process new information, to multi-task, to prioritize, to react quickly and to use critical thinking are all important skills whether in an office or at a job site.

That's why RC21X, developer of the Roberto App has created the **Brain Readiness Program**. It's a key addition to any program. You'll get objective data on how things like exercise, nutrition, sleep, stress, illness, injury and drugs affect your employees brain performance, allowing them to make key lifestyle changes to increase mental readiness on the job.

Nearly 60-80% of accidents on the job are due to stress-related distraction or sleepiness. Roberto allows your team to measure their brain performance and manage lifestyle choices.

Brain Readiness is good for your employees—and for your bottom line.



Pilot Engagement Program

STEP 1

Initial meeting with company management team to explain the program, determine a timeline and set expectations.

CEO/Management team announces the program to the team.

Managers notify team members of participation in the program.

All company team members participate in the program and provide necessary contact information (i.e. email address, department, job title, etc.).

STEP 2

The team downloads the Roberto App and enters a referral code to identify team members at registration.

Team receives welcome package with instructions about the program.

Goal is to have participants establish their normal range by completing 4 sessions within a week. The team will also be encouraged to play as many sessions as possible during the program.

STEP 3

A Brain Readiness Performance Assessment Executive Summary is prepared and presented to the management team.

The summary includes program participation, a summary of results, and an initial team assessment by Dr. Paul Nussbaum and Dr. George Kondraske.

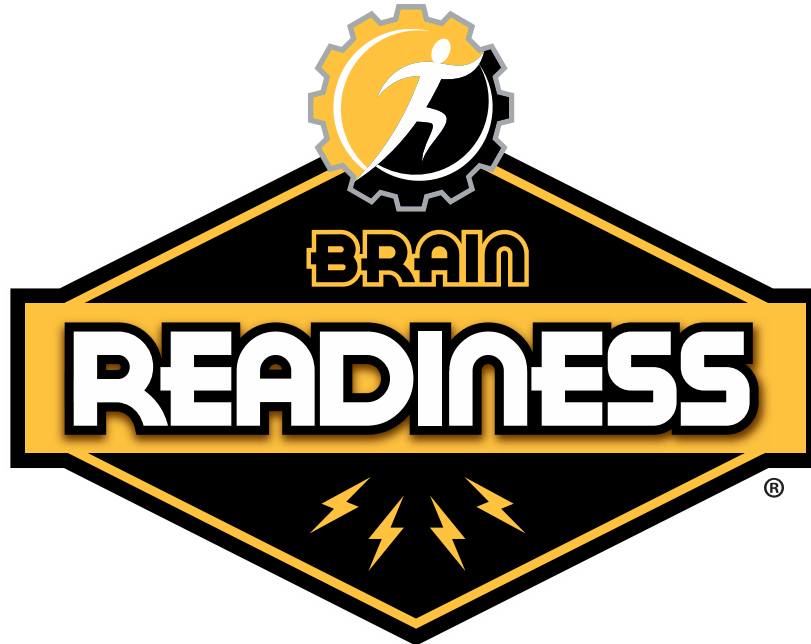
The review includes a discussion about how objective brain performance data can be incorporated into any company programs.

STEP 4 (optional)

We work with you to develop an annual human maintenance program specific to your Company's goals and objectives.

The annual maintenance program includes detailed quarterly assessments that break down scores by department and individual game modules.

It also includes a quarterly report card that can be used to empower your team to make key lifestyle changes to increase mental readiness on the job.



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SAMPLE

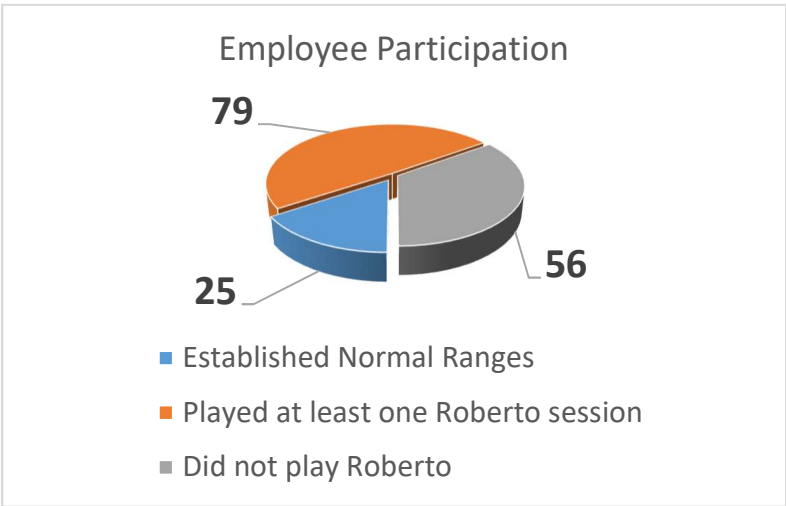
**BRAIN READINESS PERFORMANCE
ASSESSMENT**

ABC COMPANY

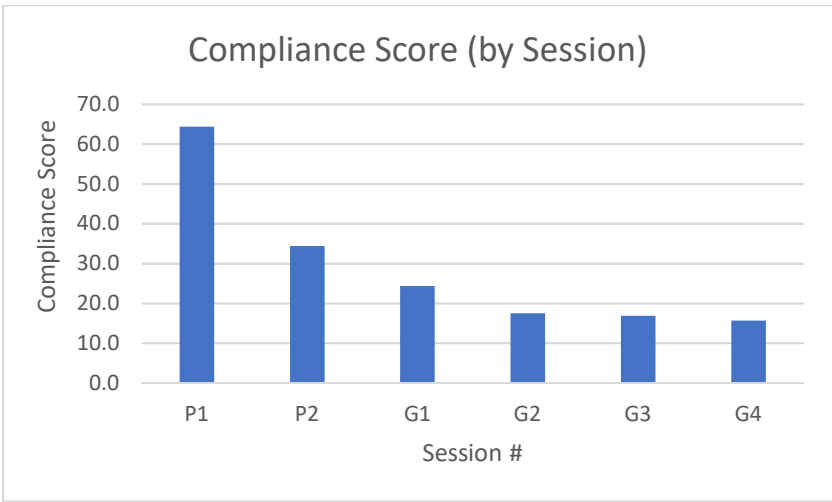
EXECUTIVE SUMMARY

In the fourth quarter of 2017, ABC COMPANY engaged with Occupational Athletics and RC21X to introduce a Physical and Brain Readiness program. The long-term goal of the initiative is to both improve employee performance and to reduce injuries throughout the company. This report offers a high-level analysis of the program's results. A more detailed report is also included.

ABC currently employs 224 people, of which 160 were selected for the Brain Readiness Program. The ABC team was broken into four segments. The program requires each user to take two practice sessions and then four game sessions with the supplied Roberto™ App to establish their normal ranges—more commonly known as a baseline. Of the 160, only 25 completed the required amount of sessions. That number is troubling, and below the national average of 40 percent identified in a 2012 study of such programs by the Rand Corporation (see graph).

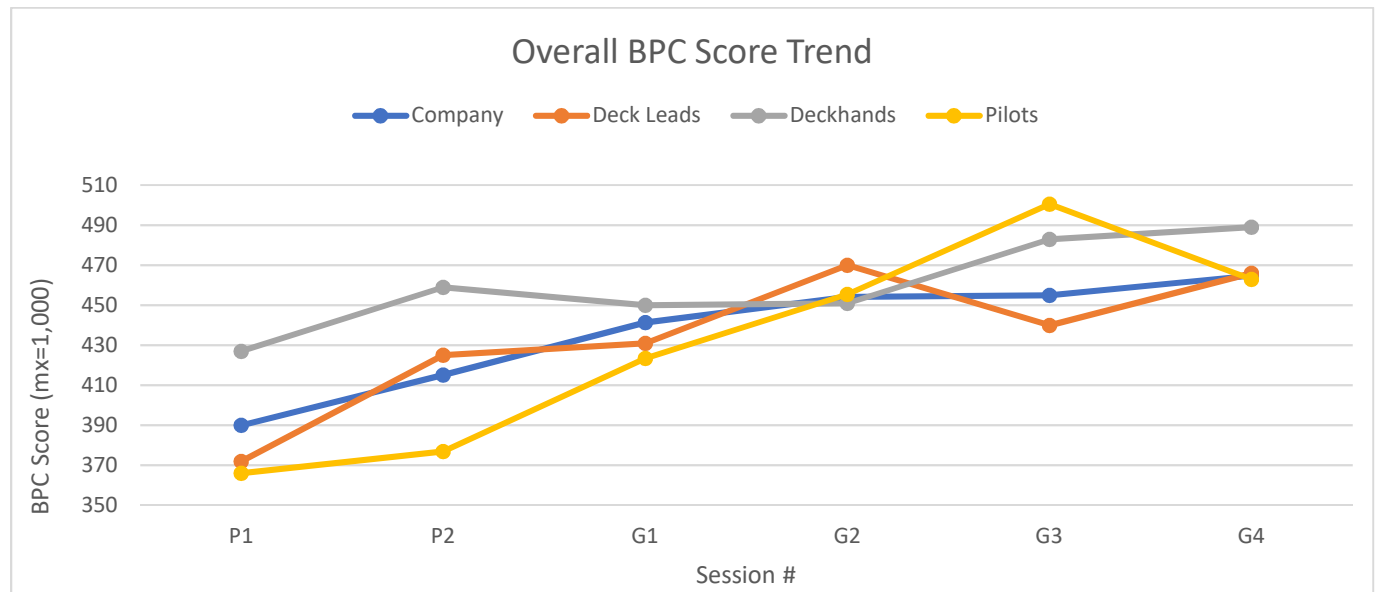


At first, we saw the team engage in using the app. However, participation soon dropped off, and few among the team established their normal ranges (see below).



ABC SCORES

On the positive side, for those who completed the required six sessions, there was a trend of overall Brain Performance Profile report improvement. That data suggests that repeated use of the Roberto App was beneficial for cognitive performance. That trend should continue with subsequent sessions.



Dr. Paul Nussbaum's recommendations and Next Steps

Overall, the data analyzed indicates a need for ABC to increase compliance with sustained completion of Roberto to best provide a more valid indication of both company-wide and department-specific cognitive and motor performance. Moving forward, it is imperative to increase team members' engagement with the tool. Not only will it provide more accurate data, but it will emphasize the importance of the brain in overall health and performance.

A proactive Brain Health Lifestyle® can be beneficial to all employees from a psycho-educational and practical perspective. This information can be found at www.RC21X.com. With increased compliance, work can begin to correlate data generated from Roberto over time with critical Measures of Outcome for ABC.

To increase participation, we suggest putting on a blitz within the company. Additionally, we believe that company managers should be held accountable for ensuring that their direct reports have completed the required sessions. We also suggest identifying an internal champion to encourage other team members to use the tool more often. Additionally, an inexpensive incentive program that uses gift cards and t-shirts as a reward could help to encourage the entire team to establish their normal ranges.

With increased engagement we are confident that ABC will instill in its team a more mindful dedication to performance on the job every day.