

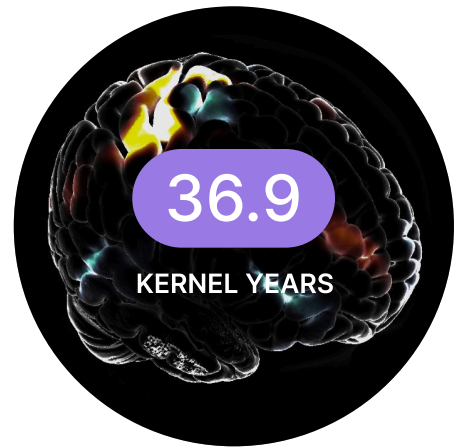


# Brain Age tracker

## SCORE SUMMARY

The Brain Age score is a snapshot of your current brain function, offering insight to brain health beyond chronological age. This score reflects your neurophysiological state today and is best used to track your brain function over time. Repeated measurements can reveal how lifestyle factors, training, and other interventions impact your brain health.

Your Brain Age score does not consider traits like handedness, and other factors that are known to influence "typical" patterns of brain function. You can create a Kernel account and answer optional questions through our "Participate in Research" section. We will then refine your score and share additional insights in the future.



### Understanding the Brain Age score

While your score offers a peek into your current brain function, it's important to remember that it is a wellness tool and not a medical diagnosis. Brain Age doesn't indicate the presence or absence of a disease.

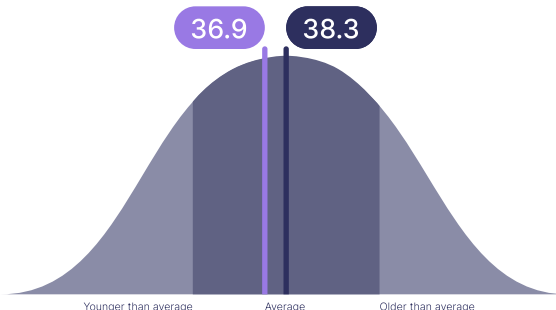
Always consult with your medical provider for any health concerns or before making changes to your care.

### How we measure brain function

Brain Age is assessed while your brain is in its resting or idle state, during which your brain enters a neutral state of communication. This allows us to capture baseline brain function without the influence of external activities. Our current functional Brain Age model is derived from about 200 brain features and has a mean absolute error of 7.6 years with a test-retest reliability of 1.9 years.

### Why tracking Brain Age matters

Tracking Brain Age measurements over time allows you to establish a baseline and monitor changes. This information empowers you to experiment with lifestyle interventions (diet, exercise, cognitive training) that may impact brain health. Consistent tracking helps identify early changes, allows for informed adjustments, and personalizes your wellness journey.



Your Brain Age

36.9

Difference between your Brain Age and your age

+ 7.9

Average Brain Age

38.3

in your peer group

Difference between your Brain Age and the average Brain Age

- 1.4

Your Brain Age is younger than **59%** of people your age

FOR INFORMATIONAL USE ONLY

Please note that the Brain Age Tracker is a single assessment and may not reflect performance in real world situations.