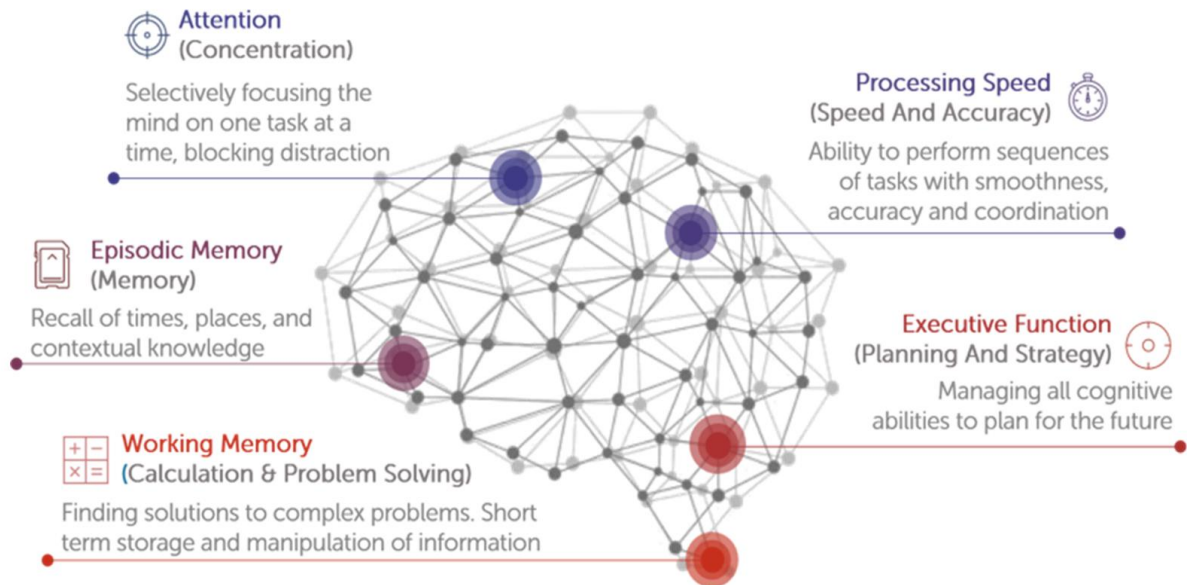
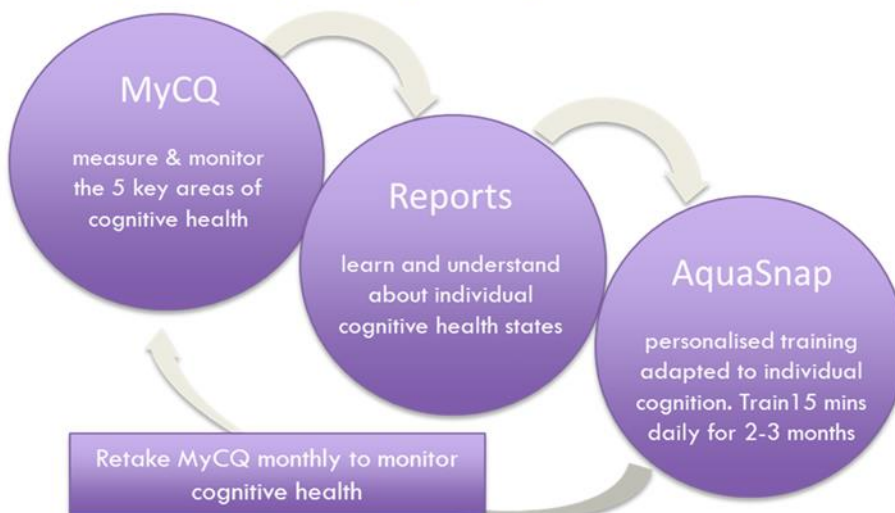


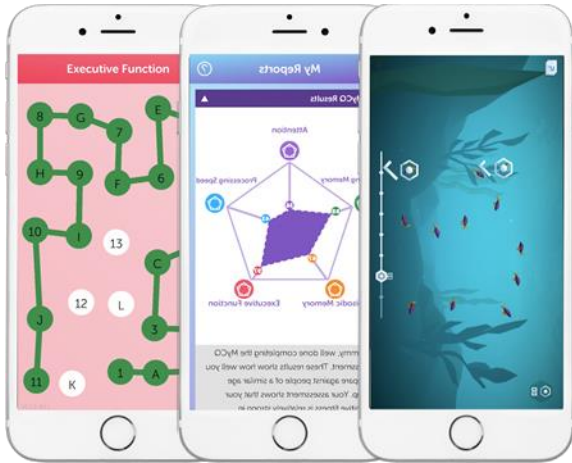
## Long Term Conditions:

Your cognitive fitness can affect how well you manage your long-term condition. Poor cognition can result in you forgetting to take your medication, taking medication incorrectly, not turning up to important appointments, and in turn worsening your condition. MyCognition focuses its training on the key five cognitive domains; Executive Function, Attention, Episodic Memory, Processing Speed and Working Memory. The training is further personalised to train you most intensely in your weakest areas to strengthen them and build resilience to mental illness. This strengthening of your cognition will help you to manage your condition.



## The MyCognition patients' pathway





Approvals:

