

# Bredesen Program Options

(See <https://app.apollohealthco.com/> for details, or (800) 450-0805)

**Alzheimer's disease** is increasing into a worldwide epidemic, now affecting 1 in 10 people age 65, and 1 in 3 people age 85. Although some genetic factors (especially the ApoE4 variant) increase risk, this disease was virtually unknown before the 20<sup>th</sup> Century and is primarily associated with industrialized lifestyles.

**Dr Dale Bredesen** of UCLA has identified **6 different subtypes causing memory loss and cognitive decline** during many years of research. He has developed a computerized program called **ReCODE** ("Reversing Cognitive Decline"), to identify the important disease subtypes in each case, based on medical history and lab test data. He has identified customized treatment protocols for each of these subtypes, and has published studies showing prevention and reversal of milder cases. He is the author of the book "*The End of Alzheimer's*" (available on [www.Amazon.com](http://www.Amazon.com)), and is Chief Science Officer of Apollo Health. His company has partnered with **LifeSeasons** in Texas for specialized ReCODE-related nutritional supplements, guided by your chosen provider and available online at <https://shop.lifeseasons.com/recode-protocol-supplements/>.

Dr Bredesen's company, **Apollo Health** (<https://www.apollohealthco.com/>), has made the **following testing programs available** with computerized ReCODE subtype interpretation (to help guide treatment to be managed by your chosen local trained medical provider):

## **PreCODE Program** (prevention for asymptomatic participants):

Includes a **ReCODE report** and a **smaller set of lab tests** that target early factors in cognitive decline, while being less expensive than the ReCODE program. **PreCODE** will have access to some of the ReCODE subscription benefits such as curated guides, complimentary **BrainHQ** (online brain-training exercises), Town Halls, community forums, and the ReCODE Mobile App. (View a [sample PreCODE report here](#).)

## **ReCODE Program** (for significant cognitive/memory symptoms):

Includes **ReCODE reports** based on a **larger set of lab tests**, plus medical content and research, curated guides, complimentary **BrainHQ** (online brain-training exercises), Town Halls, community forums, and the ReCODE Mobile App. (View a [sample ReCODE report here](#).)

## **Annual Subscription Prices, with lab panels scheduled through Apollo Health:**

### **PreCODE:**

#### **Annual Membership options:**

1. **\$39.95 Billed Monthly**, +Initial Lab: **\$259** for Quest Lab
2. **\$449.99 Billed Annually** without Lab, or, Including Initial Lab: **\$708.99** for Quest Lab

### **ReCODE:**

#### **Annual Membership options:**

1. **\$75 Billed Monthly**, +Initial Lab: **\$780** for Quest Lab
2. **\$810 Billed Annually** without Lab, or, Including Initial Lab: **\$1590** for Quest Lab

**NOTE:** You should purchase scheduled Quest Lab walk-in blood draws as needed through Apollo Health (at a discounted rate, except for initial prepaid Quest Lab tests). NOTE: The ReCODE Report generated by Apollo Health **depends on these lab values** for accurate assessment.

Both of the Apollo Health programs include ReCODE computer interpretation of these lab test values and other data collected by the participating local practitioner. They do not include costs of the local practitioner's office fees or nutritional supplement costs (most of which are Dr Bredesen's customized supplements that patients can order from the "LifeSeasons" company in Texas). The local practitioner will customize these recommendations based on Dr Bredesen's computerized ReCODE Report and any needed additional supplements.

Membership Benefits include:

**CNS Vital Signs** is an **online ReCODE assessment tool** to measure and track your neurocognitive improvement. Dr Bredesen recommends doing this assessment at the **start** of your program, and then repeating **every month** to track your performance and progress.

To do your CNS Vital Signs assessment, log in to your ReCODE or PreCODE account at <https://app.apollohealthco.com>. Click the **Assessment link** in the left hand navigation or the Assessments section located in the History/Additional Results section of your ReCODE Report generator. If available, click the "**Take CNS Vital Signs Test**" button. (If the button is not available, you have already completed the assessment for the month and must wait until the next month to take it again.)

Note: This assessment must be completed on a **desktop computer** and requires **no interruptions**. Once you start, you must finish the assessment. After you have finished, your results will automatically be reported to your ReCODE Report and assessment section of the portal. (Your medical practitioner will have access to a summary of your CNS assessments.)

**Guides**, including topics ranging from **step-by-step instructions** for how to practice the protocol to a library of **KetoFLEX 12/3-friendly recipes**. (**Dietary changes** are probably the most important part of treatment.) New guides are published regularly, and existing guides are frequently updated with the latest research.

Login or Register & go to <https://app.apollohealthco.com/guides> to Read.

**Forums:** Interact with other pioneering patients through the Apollo Health community forums, for peer support for practicing the protocol and keeping up to date on the latest science.

Login or Register at <https://app.apollohealthco.com/logins/new> to Post to Forum.

**Town Halls** monthly with Dr Bredesen and a guest. Dr Bredesen discusses the latest research and answers questions from participants and practitioners.

Login or Register at <https://app.apollohealthco.com/logins/new> to View.

**ReCODE Mobile and Watch App**, downloaded from Apollo Health, helps to keep track of protocol tasks, aggregate health metrics, and view content "on the go".

Go to <https://apps.apple.com/us/app/recode/id1142263983> to Download.

***IMPORTANT NOTE:*** *Assessment and treatment can be complex and too difficult for a cognitively-impaired person to comprehend and follow consistently. It is very important for a supportive person to be available in the same household for supervising meals, diet modifications, nutritional supplement schedules, and office & lab appointments. Active consistent participation and lifestyle changes are necessary to achieve change of function. Ongoing commitment is necessary for successful improvement.*

## BrainHQ

ReCODE programs use the **BrainHQ cognitive exercises** as part of The Bredesen Protocol. BrainHQ is an **online** (and in-app mobile) program that includes dozens of exercises targeted at specific cognitive skills.

**Getting Started with BrainHQ:** As a subscriber, click the “Launch BrainHQ” button to access your free BrainHQ account. For using the iOS or Android app, see Apollo Health instructions.

After launching BrainHQ, just click on the big yellow “Getting Started” button in the center of the screen. It will take you into an initial exercise, and you’ll learn by doing. (If you already have a paid BrainHQ account, ask Apollo Health to convert it to a complimentary Apollo Health account.)

### **Recommended Usage:**

Apollo Health has set your training to begin with a suite of five visual training exercises. These are the types of exercises used in many studies on populations at risk for dementia. Dr Bredesen recommends training for 20-30 minutes per day, at least 3 days per week. Training for more days is better. Pick a time of day when you usually feel most alert, and find a quiet place to train.

### **Progress:**

The exercises will quickly and continuously personalize to you, based on all prior responses. They are designed to push you just beyond your prior capabilities. You can track usage and progress through the “Progress” tab on the logged-in home screen. Sleep helps consolidate gains, so what seems hard today may seem easier tomorrow. Please explore and enjoy BrainHQ!

### **BrainHQ Studies and Benefits:**

More than 100 peer-reviewed studies show BrainHQ assessments and exercises drive significant improvements in older adults in standard and real-world measures of:

- **Cognition** (processing speed, attention, memory, executive function)
- **Quality of Life** (mood, confidence, self-rated health, health-related quality of life)
- **Real World Activities** (movement, balance, driving, functional independence)

## RevitaMind® Digital Download

(\$98 from <https://www.activemindsglobal.com/downloads/revitaind-digital-download/>)

Apollo Health recommends the RevitaMind **sound recordings**, containing 6 special audio tracks to support improved cognitive function, mood and well-being, for senior citizens, post-natal mothers, illness recovery, sleeping problems, and for anyone wanting to feel more balanced.

You can transfer the downloaded recordings to an audio player like an iPod, smartphone or a dedicated MP3 player. Please create a separate playlist for each recording, so that you only listen to one recording in any listening session. (Do not listen to the recordings directly from your computer, because background programs can disrupt the pulsed tones.)

*NOTE: For best results, please use over-the-ear stereo headphones. Do not use headphones with active noise-cancelling function activated, which would mask the background entrainment tones. Do not use cheap earbuds (high quality earbuds are okay).*

## Neuroreader (MRI Brain Scan Interpretation)

*(For radiologists and other providers)*

Neuroreader is an FDA-cleared and CE-marked **Volumetric Brain Assessment Software**, available through Apollo Health, for evaluating the electronic data from an MRI brain scan. It can analyze 45 brain structures in 10 min, comparing each to a healthy database correcting for age, sex and head size (or measured Total Intracranial Volume). Neuroreader provides 3 normative indexes that help inform where the patient is situated within the healthy population based on the volume of each of these 45 brain structures.

The **data input** need for Neuroreader is a structural 3D T1-weighted volumetric sequence (either SPGR or MPRAGE), preferably on a **3T MRI scanner** (a 1.5T scanner is also acceptable but not preferred), with 1 mm slice thickness and no slice spacing. Neuroreader is independent of the scanner-manufacturer. For more radiology details about the scanning protocol from Apollo Health, please click [here](#).

Some Radiology Departments may already have Neuroreader software, but otherwise they should be able to upload a patient's anonymized MRI data to the Neuroreader server website (or sent on a CD). The server is based on a HIPAA-compliant datacenter in Minneapolis. The data can be analyzed in a few clicks. The results are presented in the form of a pdf Neuroreader Report. An example of that report can be seen [here](#).