Cognitive Monitoring Program
New Designated Tool Frequently Asked Questions

FAQs for Service Members

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1. What is the Department of War's new designated cognitive assessment tool?

Cognitron is the Department of War's new designated cognitive assessment tool. It's a short set of computer tasks that check thinking skills like memory, attention, and how quickly you process information. You take it on your government or personal computer, tablet, or smartphone.

2. What is the Warfighter Cognition Test Online?

The Warfighter Cognition Test Online is the Department of War's new online platform for cognitive testing.

3. What is the purpose of taking a cognitive assessment?

The first time you take the test, it creates a "baseline" or snapshot of how you perform. Periodic testing throughout your career helps the Military Health System track your brain health over time and potentially detect changes early. Periodic tests are compared to your baseline so the Military Health System can catch subtle changes early and get you the care you need.

4. When and how often will I take the test?

You'll complete a baseline test early in your career, then repeat it periodically over your career, at least every three years. You'll be notified through your unit when it's time to take a baseline or a follow-up. Each time you take Cognitron, you'll select the reason why you're taking the test (e.g., baseline, periodic, pre-deployment, provider directed). The test may also be used to monitor your recovery if you are ever diagnosed with a concussion.

5. What do I need to do to prepare for the test?

- Find a quiet place where you can focus for about 20 minutes without interruptions.
- Don't open other apps or websites, and don't take calls or texts until you're done taking the entire test.
- Get a good night's sleep, stay hydrated, and don't take the test after alcohol or any medication (prescription or over-the-counter) that makes you drowsy or foggy.
- There's no pass or fail — just give your best effort.

6. How do I take the test?

1. Scan the QR code provided to you or go to https://warriorcognition.health.mil
2. Log in with your CAC or a One-Time Passcode.
3. Select "Take Test." You're finished when you see "Test Completed."

A Quick Reference Guide on the website walks you through first-time login.

Access the Test:

7. Will my results become part of my medical record, and who protects them?

Yes. Your results flow into your health record via the Individual Longitudinal Exposure Record (ILER) and the Joint Legacy Viewer. They are protected health information under HIPAA and handled under the same privacy and security rules as the rest of your medical care.

8. Will my Commander see my results?

No, your completion of the test and whether the test was valid shows up in your military service readiness system. However, your Commander does not receive your scores.

9. Can I see my results?

Yes, you can view your results in your ILER.

10. What happens if my results are "low" or "outside the expected range?"

A "low" or "very low" label is a statistical description, not a diagnosis. It's normal for some scores to land in the lower range, even for high performers. This test is not an IQ test. Many everyday things (poor sleep, stress, pain, a cold, certain medications) can lower a score. If a result stands out, your provider will talk with you, look for anything treatable, and may have you retake the test under better conditions.

11. I already have a baseline score from the old ANAM test. Do I need to take the new Cognitron test?

Yes. Cognitron is a different test with different tasks and its own scoring; a previous ANAM baseline doesn't transfer. You'll need a new Cognitron baseline so future Cognitron follow-ups can be compared.

12. Can a low baseline score prevent me from deploying or negatively affect my evaluation or promotion opportunities?

No. Cognitron isn't used for employment-related decisions such as promotion or selection, nor is it used in isolation to decide duty status. Baselines with low scores are common and don't reflect your intelligence, capability, or potential.

13. I think I might have TBI symptoms. Will this test show that?

No. Cognitron isn't a TBI test and cannot diagnose a brain injury. A normal or stable score doesn't rule out a concussion or injury. Likewise, a changed score doesn't by itself mean you have a TBI. If you were in a blast, crash, or other potentially concussive event, or you have symptoms, you should tell your provider. They will evaluate you medically for a TBI regardless of your Cognitron result.

14. How do I get help with technical problems?

For login or website trouble, contact the DHA Global Service Center at https://gsc.health.mil or 800-600-9332.