We invite you to play...

MAINTAINING AND MEASURING MENTAL WELLNESS

M3W

In our multinational project **M3W • Maintaining and Measuring Mental Wellness** we have created an amusing internet application that can help to preserve mental capacities. We have developed computer games that can improve and measure cognitive abilities.

Age-related cognitive decline is considered as a normal process over 40 that often accelerates with age. According to clinical examinations this unfavourable change may be influenced. The process slows down to some extent or may even stop with those who regularly play such games. Further, the data measured and delivered by the played games open the opportunity to give early warnings to the players if weakening is suspected in their cognitive abilities.

Therefore, we encourage you to engage and play. Hopefully, you will find these games interesting. We wish you pleasant pastimes and useful game sessions on behalf of all researchers and developers worked on this project.

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Find out more about the games and the project on the following websites:

https://kognito.eu and **https://m3w-project.eu**

E-mail: info@m3w-project.eu – Phone: +36 1 463-2022

Project partners:

Sponsors:

Guide for players

Playing the games on the M3W website is free of charge but you have to register first. Type the web address **m3w-project.eu** into your browser. You may change language by clicking on the flags on the webpage.
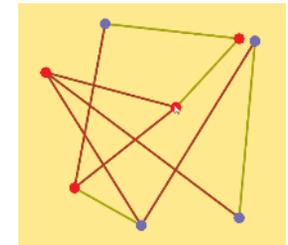
1. Registration

Click on the *Login/Registration* button, then the link *"register here"*, and follow the instructions. Data entered during registration and the scores achieved by playing games are treated confidentially: only you and authorized experts of the M3W project have access to them.

2. PAL test

We suggest you to complete the PAL (Paired Associates Learning) test right after registration. You will find it among the Cognitive tests; its completion takes approx. 10 minutes. We shall propose its repetition every few months. The PAL test assesses the condition of your visual memory and learning skills. Later on, the data measured by the played games will be compared to this reference, i.e. to results of the PAL test. Based on these data we shall then try to indicate eventual changes in your mental abilities.
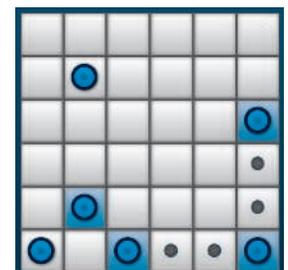
3. Login

If you want to play any time later you must log in on the M3W gamesite. To log in click on the *Login/Registration* button, and then enter your username used at registration, and follow the instructions. (If you have forgotten your password, you may ask for a new one.)
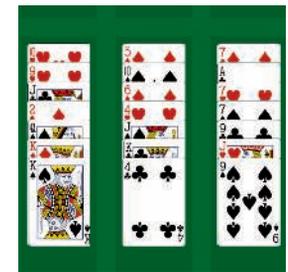
4. The games

You may choose from various kinds of game on the M3W gamesite. There are puzzles and memory games, a solitaire card game, logic puzzles, word games, sudoku, a hidden object game, etc. From time to time the set of games will change, typically expand. A few short game sessions might already be useful but, if you can, play at least two or three times a week at least 30 minutes long each time.

https://kognito.eu and **https://m3w-project.eu**