



CNS Vital Signs Testing – FAQ

Supporting You Through Ongoing Care at Orion Behavioral Health Network

What is CNS Vital Signs testing?

CNS Vital Signs is a computerized assessment that helps us measure how your brain is currently functioning. It looks at areas like attention, memory, reaction time, and processing speed—all of which are impacted by ADHD.

Think of it like a snapshot of how your brain is doing right now, so we can make sure your treatment plan is actually working for you.

Why am I being asked to take this if I already have ADHD?

If you've already been diagnosed, this test gives us a clear picture of both strengths and areas where focus may still be challenging, this will help guide us if there are needed adjustments to your current treatment or medication needs.

ADHD is a developmental condition, meaning it often starts in childhood, but how it shows up can change across your lifespan. You might notice that:

- Certain symptoms (like hyperactivity) lessen with age
- Others (like executive functioning or focus issues) become more noticeable in adulthood
- Stress, sleep, hormones, or life changes can affect symptoms, even with treatment

That's why we use CNSVS—to help monitor your current cognitive patterns, compare them to past data, and make more informed decisions about your care.

What if I don't have ADHD?

The CNS Vital Signs test isn't only used to assess ADHD. It's a general cognitive assessment that looks at several areas of brain function—like memory, attention, processing speed, and executive function. We use it for a wide range of concerns, such as tracking brain health, evaluating cognitive changes, or getting a baseline for future comparison."

How does the test work and what do I need for testing?

This test can be done in person at our Anchorage office, or it can be done remotely.

To be done remotely, the patient must have access to the following:

- A computer/laptop with a keyboard
- A working camera and ability to share the screen with the psychometrist
- A stable internet connection

You'll sit at a computer (desktop or laptop) and complete a series of interactive tasks while the psychometrist can see your screen. These tasks may involve remembering things, reacting quickly to prompts, or switching between mental tasks. It's self-paced and takes place in a quiet, low-stress setting.

How long does it take?

The full assessment takes about 45 minutes to 1 hour. Some people finish a little faster, depending on the tasks.

Does a parent have to be present?

Yes, a parent should be present during the appointment as some rating scales may be requested at the end of the appointment.

Do I need to do anything to prepare?

Try to:

- Get a good night's sleep
- Eat beforehand so your brain has energy
- Take your usual ADHD meds (unless your provider says otherwise)
- Bring any glasses, hearing aids, or tools you normally use

If you're having an especially tough day, let us know—your current functioning is exactly what we want to understand.

What happens if I don't do well on it?

There's no such thing as failing this test. If you're having trouble focusing, remembering, or reacting—it gives us a more accurate picture of what needs support. These results help us adjust your care to fit what your brain is dealing with right now.

What do we do with the results?

Your provider will review your scores and patterns with you, often at your next visit. We use this information to guide:

- Medication adjustments
- Therapy or coaching focus
- Support strategies for school, work, or daily life

- Long-term tracking of cognitive strengths and challenges

Can I get a copy of my results?

Yes! After we go over them with you, we're happy to give you a summary for your records or to share with a school, employer, or care team.

Is it covered by insurance?

CNSVS is usually billed as part of psychological or neurocognitive testing. Many insurance plans cover it, especially when it's part of ongoing treatment plan. If you're unsure, our front desk can help check your benefits or give you a cost estimate.

Questions?

Feel free to talk to your provider or call us at (907) 202-9238. We're here to help you better understand your brain—and support your success.

Helpful ADHD Resources

- CNS Vital Signs: Learn more about the testing platform we use

Website: <https://www.cnsvs.com>

- CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder): National organization for ADHD education, support, and advocacy

Website: <https://chadd.org>

- ADDitude Magazine: Practical strategies, expert advice, and support for living with ADHD

Website: <https://www.additudemag.com>

- Understood.org: Resources for parents of children with learning and attention issues

Website: <https://www.understood.org>