

ImPACT Concussion Baseline Test

Cornell Health

This free online test ...

- is available to all **currently registered Cornell students** (exception: NCAA athletes take the test during their initial [sports clearance](#) process and should not repeat the test)
- is recommended to any student whose regular physical activity puts them at higher-than-average risk of head injury or concussion
- takes approximately 25-30 minutes to complete

Students can take the ImPACT test to get baseline measurements of cognitive function, including memory and reaction time. In the event that you have a head injury or concussion in the future, your clinician can use the results – in conjunction with a clinical examination and symptom scoring – to assist with assessment and treatment. (Results are NOT viewed by Cornell Health staff members unless you suffer from a head injury or concussion.)

Computer requirements for taking the test:

Please note that if you do not adhere to these requirements, your results may not be accurate and you will need to repeat the test.

- Your computer screen must be 12 inches or larger.
- The computer you use must have an external mouse.
- You need a broadband Internet connection.
- Make sure you are using either the current version or the immediately previous version of your browser (Internet Explorer, Firefox, Chrome, or Safari).
- You must have Adobe Flash Player 11.0 or newer installed. You can download Flash Player at adobe.com.
- If you have a pop-up blocker installed, you must turn it off for the duration of the test.
- Your browser must accept cookies.
- JavaScript must be enabled in your browser.
- If you are running Windows 7, make sure power management is set to High Performance; otherwise performance may be slowed, negating test scoring.
- Close all other programs on your computer before taking the test.

How to take the test:

The ImPACT test takes approximately 25-30 minutes for most students, although the system allows up to 45 minutes for completion.

To ensure the most accurate results, give this test your full attention. Turn off cell phones, music, and TV, and eliminate other background noises and distractions. Take the test when you are well-rested. Attempting to take the test when you are tired or distracted may interfere with the results.

- [Log in to myCornellHealth.](#)
- On the homepage, click “Log in to the ImPACT test here” at the bottom of the page.
- Enter Code **BGDPWVHGP6**.
- You will be directed to a series of questions to answer before taking the test. Please answer all the questions as honestly as possible.
- When prompted, enter your first and last name, and date of birth. Please enter this information accurately (no nicknames) for identification purposes.
- Select “Cornell University” when prompted for a school name, and enter your sport in the appropriate section. If you are not involved with a sport regularly, you can leave the field blank.
- Follow the test instructions carefully. Missing key instructions or not giving the test your full attention will affect your results.

After you take the test:

Your results will be stored in the ImPACT system. Results are NOT automatically accessible to or viewed by Cornell Health staff. If you suffer a head injury or concussion, you may give your Cornell Health clinician permission to access your results to assist with assessment and treatment. You will be asked to complete a post-injury test at that time, which can then be compared with your baseline scores.