



## Instructions for Use

*Revision N*

For parents, caregivers and healthcare professionals

**R<sub>x</sub>** Only

Prescription-only digital therapeutic

for pediatric Attention Deficit Hyperactivity Disorder (ADHD)

Caution: Federal law restricts this device to sale by or on the order of a physician.

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**AKILI**

# AKILI



## MANUFACTURER

Akili Interactive Labs, Inc.

125 Broad Street 4th Floor, Boston, MA 02110 USA

These Instructions for Use were last updated in March 2022

**REF**

Part Number: 5011 Revision N

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# Labels and Symbols



**CAUTION:** Pay special attention to the following details

R<sub>x</sub> Only

Prescription Medical Device. Federal law restricts the sale of this device to or on the order of a physician



Manufacturer



Reference Part Number



Lot Number



Catalog Number



Consult Instructions for Use



## We're here to help.

**Akili Assist**<sup>®</sup> is available for questions regarding the use of EndeavorRx (prescriptions, health insurance reimbursement, technical assistance, feedback, and so on).

**Available:** Monday–Friday (excluding National Holidays)

**Website:** <https://endeavorrx.com/akili-assist>

**Phone:** 1-844-AKILI-IQ (1-844-254-5447)

**Hours of Operation:** 9AM-9PM ET

EndeavorRx, and the use thereof, may be covered by one or more patents. Please visit <https://my.akili.care/terms> for more information.

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Akili Interactive Labs, Inc. reserves the right to change its products and services at any time to incorporate the latest technological developments. These Instructions for Use are subject to change without notice.

# Instructions for Use

## CAUTIONS

Please follow all of your mobile device manufacturer's instructions for the safe operation of your mobile device. For example, this may include appropriate volume settings, proper battery charging, not operating the device if damaged, and proper device disposal. Contact your mobile device manufacturer for any questions or concerns that pertain to your device.

If your child experiences frustration, emotional reaction, dizziness, nausea, headache, eye-strain, or joint pain while playing EndeavorRx, pause the treatment. If the problem persists contact your child's healthcare provider. If your child experiences a seizure stop the treatment and contact your child's healthcare provider.

EndeavorRx is not intended to be used as a stand-alone therapeutic and is not a substitution for your child's medication.

## R<sub>x</sub>

Federal law restricts this device to sale by or on the order of a physician.

EndeavorRx should only be used by the patient for whom the prescription was written. For medical questions, please contact your child's healthcare provider. If you are experiencing a medical emergency, please dial 911.

## NOTES

EndeavorRx may not be appropriate for patients with photo-sensitive epilepsy, color blindness, or physical limitations that restrict use of a mobile device; parents should consult with their child's healthcare provider.

## INDICATIONS FOR USE

EndeavorRx is a digital therapeutic indicated to improve attention function as measured by computer-based testing in children ages 8-12 years old with primarily inattentive or combined-type ADHD, who have a demonstrated attention issue. Patients who engage with EndeavorRx demonstrate improvements in a digitally assessed measure, Test of Variables of Attention (TOVA®), of sustained and selective attention and may not display benefits in typical behavioral symptoms, such as hyperactivity. EndeavorRx should be considered for use as part of a therapeutic program that may include clinician-directed therapy, medication, and/or educational programs, which further address symptoms of the disorder.

## SIDE EFFECTS

No serious adverse events were reported. Of 538 participants using EndeavorRx (AKL-T01), 50 participants (9.3%) experienced treatment-related adverse events (probable, likely), and three participants experienced treatment-related adverse events with the digital control, in studies where a control was used. EndeavorRx associated adverse events included frustration (6.1%), headache (1.3%), dizziness (0.6%), emotional reaction (0.4%), nausea (0.4%), and aggression (0.2%). All adverse events were generally transient. Only 3 events led to device discontinuation, and no subject reported lasting or irreversible effects after discontinuation.

NOTE: EndeavorRx was previously known as AKL-T01 during the clinical investigations.

# Core Technologies

Patented, proprietary technology designed to target key neural attentional control systems in the brain.

## SELECTIVE STIMULUS MANAGEMENT

The Selective Stimulus Management Engine (SSME™) is a proprietary & patented technology that presents specific sensory stimuli and simultaneous motor challenges designed to target key neural systems in the brain related to attentional control.

SSME implements specific closed-loop algorithms that adapt real-time and between treatment sessions to automatically adjust the difficulty level for a personalized treatment experience. The algorithms enable second by second monitoring of patient progress, and continuously challenge each patient to an optimized level, encouraging them to improve their performance.

# Product Description

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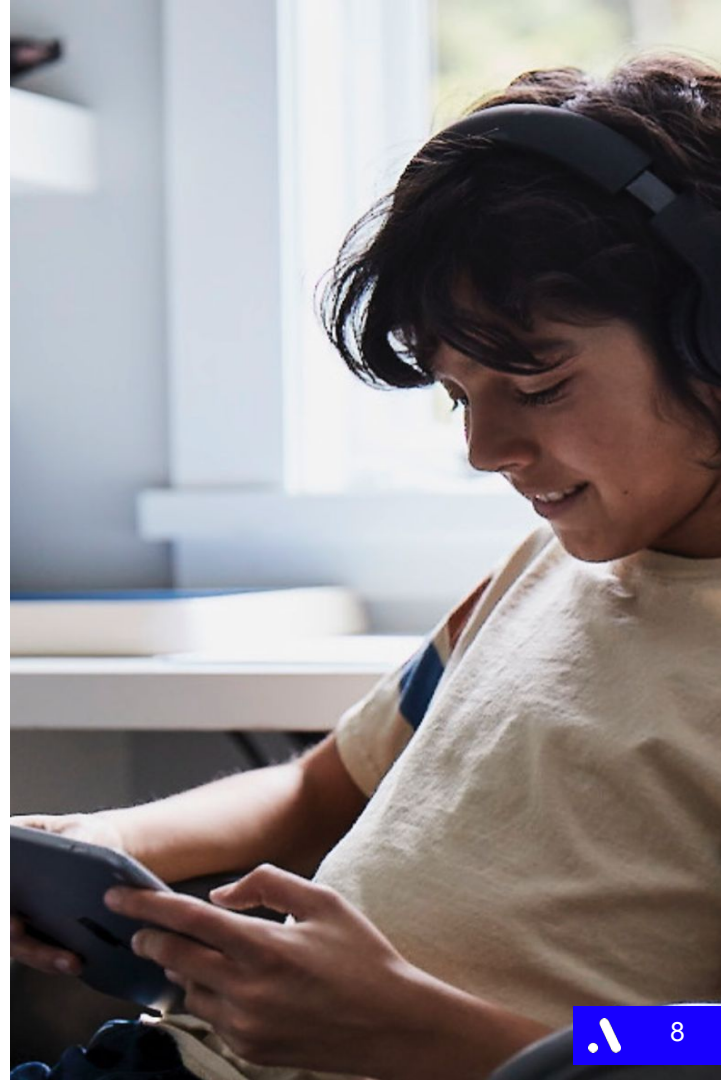
EndeavorRx is a digital, non-drug prescription treatment that is delivered through an action video game that was shown to improve attention function in children with ADHD.

EndeavorRx treatment is used on a mobile device. See page 18 for compatible devices.

EndeavorRx is different from other action video games that a child might play. The treatment programmed into the game was designed to challenge a child's attentional control during gameplay, requiring focus and flexibility to manage multiple tasks at the same time.

EndeavorRx has been evaluated in over 600 children with ADHD across 5 clinical studies:

- A study of 348 children with ADHD (not receiving ADHD medication), where EndeavorRx was used for a 4-week treatment period and showed improvements in attention function (as measured by computer-based testing) and attention-related ADHD symptoms and impairments.
- A study of 206 children with ADHD (on stimulant medication or not receiving any ADHD medication), where EndeavorRx was used for a 4-week period, followed by a treatment pause of one month and a subsequent second 4-week treatment period. Improvements in attention-related ADHD symptoms and impairments were similar in magnitude to those seen in other studies and further improved with the second treatment period in children on or off ADHD medication.
- Three separate studies of 40, 20 and 19 children with ADHD, where EndeavorRx was used for a 4-week treatment period and showed improvements in attention measures and attention-related ADHD symptoms.







# Getting Started with EndeavorRx

## RECOMMENDATIONS BEFORE YOU START TREATMENT

It is recommended that the mobile device be stored **password protected** to reduce the risk of unauthorized access.

Be sure that the mobile **device is fully charged** before use and that the **device's audio system is functioning properly** and the **audio is set at an appropriate level**.

## GETTING STARTED WITH TREATMENT

Daily treatments with EndeavorRx involve approximately 25 minutes of total play time in the game's mission sequences. This does not include extra time your child may spend in the game browsing non-mission areas like the Costume Store and the Space Farm. It is recommended that your child complete their game missions without interruption; therefore, try to ensure that your child has at least 25 minutes of uninterrupted play time to complete each daily treatment.

Try to fit EndeavorRx into your family's routine and make it a habit. You can make use of reminders in the game or any other tools you use for managing your family's schedule.

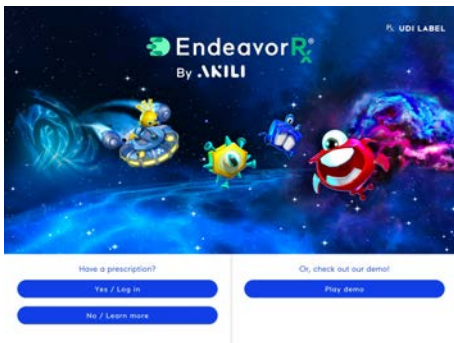
Minimize distractions for your child during each treatment with EndeavorRx. We recommend turning off device reminders and notifications, using EndeavorRx in a quiet room with headphones, and turning off other mobile devices and televisions. Find a comfortable place where your child can use EndeavorRx daily, ideally seated in an upright position in a well-lit room with minimal glare on the device.

It is best if the patient adjusts the field of view and avoids using the device too close to their eyes. It is recommended to turn on the blue light filter on the device if administered during nighttime, but also recommended not to play right before bedtime to avoid risk of potential reduction in sleep quality.

Regularly discuss the treatment experience with your child and let your child know that by design, EndeavorRx will be **challenging** (and sometimes frustrating) to play. Encourage your child to give each treatment of EndeavorRx their full attention and effort to help ensure the best treatment results.

During a treatment session, be sure to let your child know that it is **OK to occasionally take a break** from treatment for a few minutes if needed, for example to avoid excess eye strain or fatigue.

# Operating Instructions



## LAUNCH & LOGIN

Tap the application icon on the mobile device to start. Tap the "Yes / Log In" button and log in with your existing Akili Account using your email address and password. To register for a new Akili Account, check your activation code email for the create account link.

To open the EndeavorRx product label, tap the "Rx UDI Label" button found in the upper right corner of the screen. Here you can find helpful information like the app version number and a link to the EndeavorRx Instructions for Use.

## MANIPULATING THE DEVICE

EndeavorRx features 3 primary actions: 1) **Steering**, 2) **Tapping**, and 3) **Steering and Tapping** at the same time (multitasking).

To **Steer**, your child should tilt the mobile device left and right. Encourage your child to hold the mobile device with both hands to help with the steering and tapping.

To **Tap** on a target, your child should touch the right half of the mobile device screen using their thumb. This touch can be anywhere on the right side of the screen – it does not have to be directly on the flying target nor the "target" button.

In addition to the primary actions above, your child will be able to unlock **Boosts** through the course of play. Equipped **Boosts** can be activated by tapping the left side of the screen and have a variety of effects in the racing experience.

# EndeavorRx Daily Treatment



When using EndeavorRx, the goal is for your child to successfully **Steer** their character through a course while driving over power zones or avoiding obstacles, and **Tap** the right side of the screen to collect only the correct targets when they appear while ignoring all other targets. At the beginning of the mission, your child will be shown multiple targets and asked to collect only one type of target - for example, they may be shown red, green, and blue targets and will be asked to only tap the red targets.



Each course completed from start to finish is an individual **Mission**. A daily treatment session requires your child to complete 6 to 8 missions depending on their play. Your child will know they are done each day when their **Fuel Gauge**, the indicator of **Missions** remaining, is empty.

There are many separate **Worlds** to unlock and explore as your child progresses through treatment.

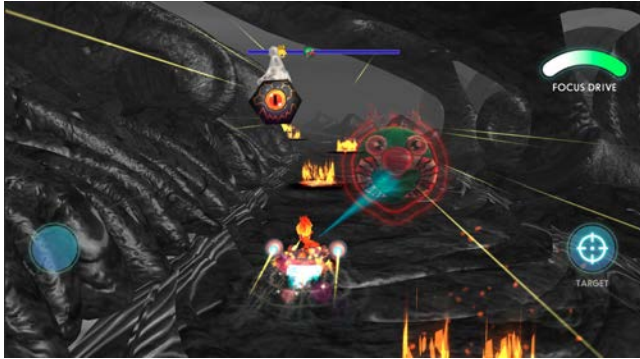


**EndeavorRx** is recommended to be used for approximately 25 minutes a day, 5 days a week, over initially at least 4 consecutive weeks, or as recommended by your child's health care provider.

EndeavorRx will display reminders if treatment days are missed as well as a notification when the treatment is soon to expire.

Unlike an action video game, there is no way to "win" EndeavorRx. The game continuously challenges the child by adjusting the gameplay to maintain a consistent level of difficulty relative to how well they are playing the game. As long as the child is playing consistently and trying their best, the child is engaging with the treatment as intended.

# Missions



A daily treatment with EndeavorRx requires your child to complete 6 to 8 game missions each day. After completing all missions, the **Fuel Gauge** will be empty and your child will no longer be able to play until the next day. This makes sure EndeavorRx is used in a manner consistent with the intended treatment schedule and prevents overuse.

During each mission, your child will **Steer** their character through a course, moving through gates and/or avoiding obstacles, and **Tap** to collect targets when they appear. With successful tapping and steering, your child can catch **Mystic Creatures** and earn rewards.

The hover pod's capture ray will automatically lock on when your child gets close to the **Mystic Creature**. If your child remains locked on for a few seconds, they will capture the creature and earn a **Mystic Gem**. **Mystic Gems** can be hard to get – and each one will be harder to get than the previous one.



When the hover pod locks on to a creature and captures it, EndeavorRx has recognized that your child has reached a new ability level in their play.

After collecting 15 **Mystic Gems** a new **World** will be unlocked.

EndeavorRx was designed to, on average, take around 4 weeks to unlock all worlds, but actual speed of progression may vary across children. Independent of your child's progress, it is important that your child engages regularly with the treatment.

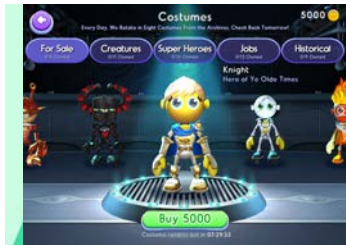
Once all worlds are unlocked, your child can revisit their favorite **World** to play and beat their previous scores. In addition, they can continue to complete **Quests**, unlock costumes, and upgrade their **Space Farm**.

# Game User Interface



## SUMMARY SCREEN

When your child finishes a mission, a summary screen will appear displaying the important goals, progress, and rewards achieved.



## STORE

Your child can use the rewards they have earned to unlock their desired costumes in the game store. As they progress they can choose the costume they like the best, or collect them all!



## GALAXY MAP

The **"main menu"** provides a visual representation of overall progress through the many environments across the **Galaxy** of EndeavorRx! From here, your child can access the costume store, visit their **Space Farm**, view their **Quests**, and choose an environment in their current **World** to play next! In the bottom-center of this screen your child can see how many missions they have left to play until their **Fuel Gauge** is empty.

# Game User Interface (cont.)



## SPACE FARM

As your child plays, they will capture different kinds of **Mystic Creatures**. Captured creatures live in the **Space Farm** and each kind of creature gets its own special dwelling. These dwellings generate **Boosts** that your child can use during gameplay. Your child can upgrade a **Mystic Creature's** dwelling by collecting more of that creature. Build better dwellings to get better **Boosts**!



## BOOST EQUIP SCREEN

Prior to each **Pursuit Mission**, your child will be able to equip a **Boost** to help them in their race. They have a limit on how many they can bring with them based on their **Player Level**, and can only equip from their current inventory of **Boosts**. New **Boosts** are generated each day after the first mission!

# Pausing and Exiting Treatment



## PAUSE AND RESUME TREATMENT

Each daily treatment can be paused at any time by tapping the upper-left corner of the screen. Tap **“Resume”** to continue the treatment. *Note: There are built-in rest periods between missions.*



## EXIT AND END TREATMENT

When a daily session is completed, the EndeavorRx application can be closed on your child’s device. After completing a treatment period of EndeavorRx, the treatment will become automatically disabled. EndeavorRx will display notifications when the treatment is soon to expire.

Please contact your child’s healthcare professional to discuss your child’s experience and the best treatment plan for your family.

# Tools for Caregivers



EndeavorRx Insight

## EndeavorRx Insight®

The EndeavorRx system uses a proprietary algorithm to provide caregivers insights into how their child is performing during their treatment.

EndeavorRx analyzes if your child is playing using the correct rules and the level of effort they are applying to completing each mission. For a review of gameplay rules, refer to the section [EndeavorRx Daily Treatment](#). These analyses are available in EndeavorRx Insight, a companion app for caregivers. To calculate and display this information, the EndeavorRx treatment app and EndeavorRx Insight app must both be connected to the internet. EndeavorRx Insight is available on the Apple App Store® and on Google Play™.



# Mobile Device Security

## DEVICE SECURITY RECOMMENDATIONS

EndeavorRx software incorporates state of the art security features in order to protect the data of users. Users should configure the mobile device they're using to play EndeavorRx with the following security settings in order to maximize their security.

Configure the mobile device with a strong passcode, pin code, Face ID, or Touch ID.

Configure the mobile device to automatically lock after a period of inactivity.

Configure the mobile device with USB Restricted Mode enabled.

Configure the mobile device with two-factor authentication enabled.

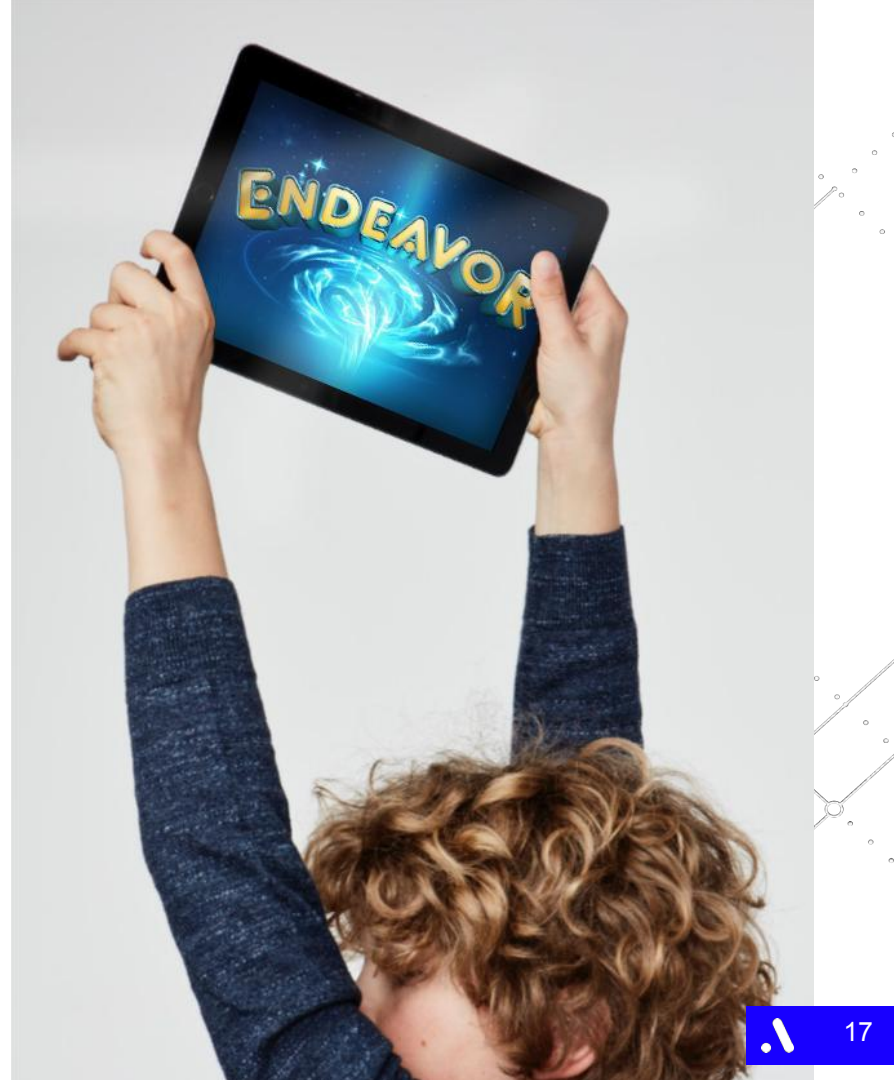
Configure the mobile device to show notifications only when the device is unlocked.

Only connect the device to secure wireless networks with a passcode and encryption.

Configure the mobile device backup with encryption enabled.

Keep the mobile device operating system and EndeavorRx application up to date with the latest available versions.

In order to maintain manufacturer security protections do not jailbreak or root the device.



# Troubleshooting



We're here to help.

[AkiliAssist.com](https://AkiliAssist.com)

## Q. The EndeavorRx application does not start properly.

Ensure that the mobile device is connected to WiFi.

Ensure that the mobile device meets the minimum specifications outlined in the list of compatible devices section.

Ensure there is enough free storage space on your device to download and operate the application.

## Q. My email / password / activation code is not accepted by the EndeavorRx application.

Double-check you have entered the text correctly.

Ensure that the mobile device is connected to WiFi during login, account registration or activation.

## Q. I can't play all my missions.

If played right around midnight in your local time, some of the missions might count for next day's gameplay (for example, starting the gameplay at 11.50pm and finishing at 12.20am). This issue can be alleviated by playing all missions in the same calendar day.

## Q. The application unexpectedly quits, stops responding, or won't open.

Follow your device manufacturer instructions to force quit the application (then open it again), restart your device, check for system updates or reinstall the application, if necessary.

## Q. The application keeps getting interrupted by notifications.

Follow your device manufacturer instructions to turn off or modify notifications prior to playing EndeavorRx.

# Compatible Devices

## ANDROID DEVICE MINIMUM SPECIFICATIONS

Android™ OS version	9.0
Storage	64 GB
Memory	4 GB
Network Infrastructure	WiFi
Example Devices	<b>Samsung Galaxy S8™ or similar, and later models.</b>

## iOS DEVICE MINIMUM SPECIFICATIONS

iOS version	13.0	iPadOS version	13.1
Storage	16 GB		
Memory	2 GB		
Network Infrastructure	WiFi		
Example Devices	<b>iPad® Mini 4, iPhone® 7 and later models.</b>		



# Clinical Research Behind EndeavorRx (AKL-T01)

For Physicians and Healthcare Professionals

Note: EndeavorRx was previously known as AKL-T01 during the clinical investigations.

# Clinical Research Behind EndeavorRx (AKL-T01)

## CLINICAL ENDPOINT ACRONYMS

ADHD-RS: ADHD Rating Scale (total score)

ADHD-RS-Hyperactive: ADHD-RS hyperactivity-impulsivity subscale

ADHD-RS-Inattentive: ADHD-RS inattention subscale

BRIEF: Behavior Rating Inventory of Executive Function

CGI-I: Clinical Global Impression - Improvement

IRS: Impairment Rating Scale to measure ADHD-related impairment

TOVA: Test of Variables of Attention

TOVA API: TOVA Attention Performance Index (also known as TOVA ACS: Attention Comparison Score)

TOVA RT Mean H1: TOVA Reaction Time Mean (first half of the test)

TOVA RT Var: TOVA Reaction Time Variability (total test)

# Clinical Research Behind EndeavorRx (AKL-T01)

## INTRODUCTION

EndeavorRx (AKL-T01) has been studied in over 600 children with ADHD across 5 clinical studies. 3 studies in ADHD (STARS-ADHD, STARS-Adjunct and ADHD-POC) and 2 pilot studies in ADHD with different comorbidities (Sensory Processing Disorder and Autism Spectrum Disorder).

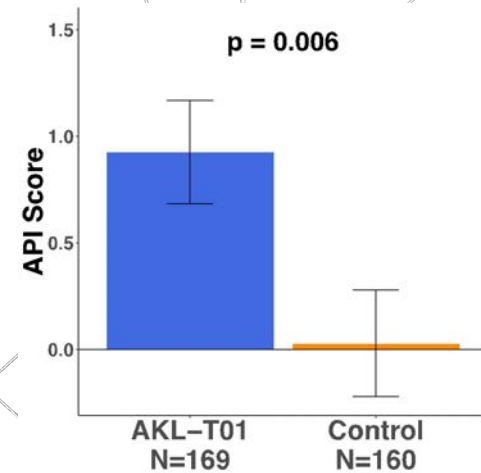
## STARS-ADHD Pivotal Study<sup>1</sup>

**Study Design:** a randomized, double-blind, parallel-group, 4-week, controlled trial of AKL-T01 in children aged 8-12 years old with ADHD (not taking ADHD medications) and TOVA API baseline scores of  $\leq -1.8$ , conducted at 20 sites in the USA. 348 subjects were randomly assigned to receive AKL-T01 (n=180) or control (n=168) for approximately 25 minutes per day, 5 days per week, for 4 weeks.

**Objectives:** The primary endpoint was mean change in TOVA API from pre- to post-intervention (baseline to 4 weeks). Secondary endpoints were mean changes in ADHD-RS (Total, Inattentive, Hyperactive), IRS, CGI-I, BRIEF (working memory, inhibit).

**Results:** The primary endpoint was achieved, mean change from baseline on the TOVA API was 0.93 in the AKL-T01 group versus 0.03 in the control group (p=0.006). The secondary endpoint within-group (baseline to post-treatment) changes were all significantly improved, and several mean changes numerically favored AKL-T01 over control (ADHD-RS Total, ADHD-RS Inattentive, IRS), however there was no statistically meaningful difference in a non-parametric analysis of the 7 secondary parental or clinical rating scales (Adjusted p=0.34 to 1.00). There were two notable responder analyses (56% of parents indicated the treatment improved their child's attention and 48% were shown to improve their ADHD-related impairment as reported in the IRS).

**Safety and Compliance:** There were no serious adverse events or discontinuations. Treatment-related adverse events were mild and included frustration (5 [3%] of 180), headache (3 [2%] of 180) and emotional reaction (2 [1%] of 180). Patient compliance was a mean of 83 (83%) of 100 expected sessions played (SD, 29.2 sessions).



# Clinical Research (cont.)

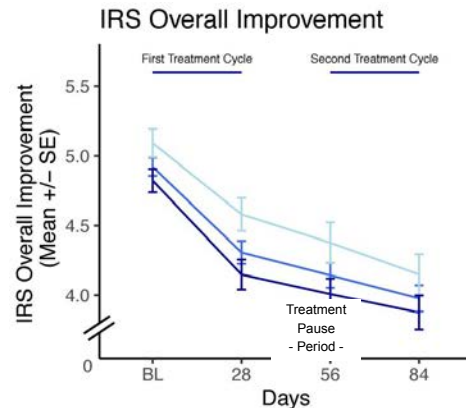
## STARS-Adjunct Study<sup>1</sup>

**Study design:** A multicenter, 12-week, open-label study of EndeavorRx (AKL-T01) in 206 children aged 8-14 years with ADHD, consisting of 2 cohorts: 1) Subjects currently treated with ADHD medication (On Stimulants, n=130) and 2) Subjects not on any ADHD medication (No Stimulants, n=76). Subjects required an IRS score of  $\geq 3$  at baseline and both cohorts received AKL-T01 for approximately 25 minutes per day, 5 days per week, over two 4 week treatment periods, separated by a 4-week treatment pause. There was no digital control in this study.

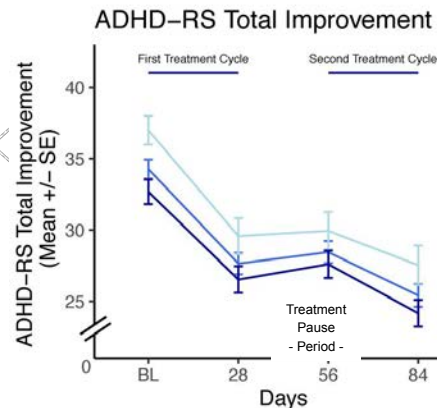
**Objectives:** The primary endpoint was change from baseline to day 28 on the Impairment Rating Scale (IRS), a measurement of ADHD-specific impairment. Secondary measures included changes from baseline to day 28 and day 84 on ADHD symptoms (ADHD-RS) and measures of patient/parent preference and experience.

**Results:** After the first treatment month (day 28), IRS overall severity score was significantly improved for both the On Stimulants (-0.7,  $p < 0.001$ ) and No Stimulants (-0.5,  $p < 0.001$ ) cohorts compared to baseline. ADHD-RS (Total, Inattentive and Hyperactive subscales) and CGI-I were also significantly improved for both cohorts compared to baseline at day 28. IRS, ADHD-RS, and CGI-I all further improved with an additional treatment month (baseline to day 84).

**Safety and Compliance:** 37 (18%) subjects experienced a device-related adverse events (AE). The most common device-related AEs were frustration (27 [13.1%] of 206), headache (4 [1.9%] of 206), and irritability (3 [1.5%] of 206). All device-related AEs were either mild or moderate in severity. There were 3 discontinuations due to AEs (all frustration). No serious device-related AEs occurred during this study.



— STARS-Adjunct (On Stimulants)  
— STARS-Adjunct (No Stimulants)  
— STARS-Adjunct (Both Cohorts)



<sup>1</sup> Kollins et al, npj Digital Medicine, 2021

# Clinical Research (cont.)

## ADHD Proof of Concept Study<sup>1</sup>

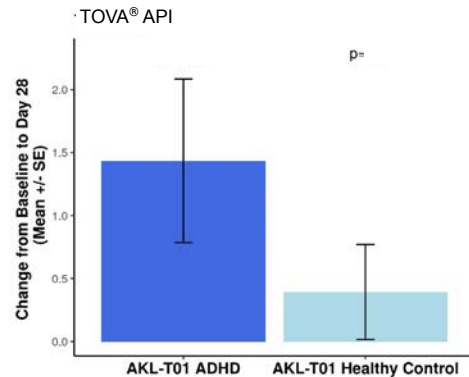
**Study Design:** A 4-week, open-label study of EndeavorRx (AKL-T01) in children aged 8-12 years old, comparing 40 children with ADHD to 40 neurotypical children (healthy controls). The ADHD group were required to have an in-clinic diagnosis of ADHD, not be taking ADHD medications and have an ADHD-RS total score of  $\geq 24$  at baseline (healthy controls were required to have an ADHD-RS  $\leq 13$ ). The study was conducted at 3 sites in the US.

**Treatment:** Subjects were instructed to complete approximately 25 minutes of AKL-T01 per day, 5 days per week for 4 weeks.

**Objectives:** To explore whether subjects demonstrated improvements in attention function, as measured by TOVA and other measures.

**Results:** Improvements were observed on TOVA API for the ADHD group (1.43 / SD=4.1) There was no significant change for the healthy control group (0.39 / SD=2.39)

**Safety and Compliance:** There were no treatment-related adverse events. 84% of treatment sessions were completed.





# Clinical Research (cont.)

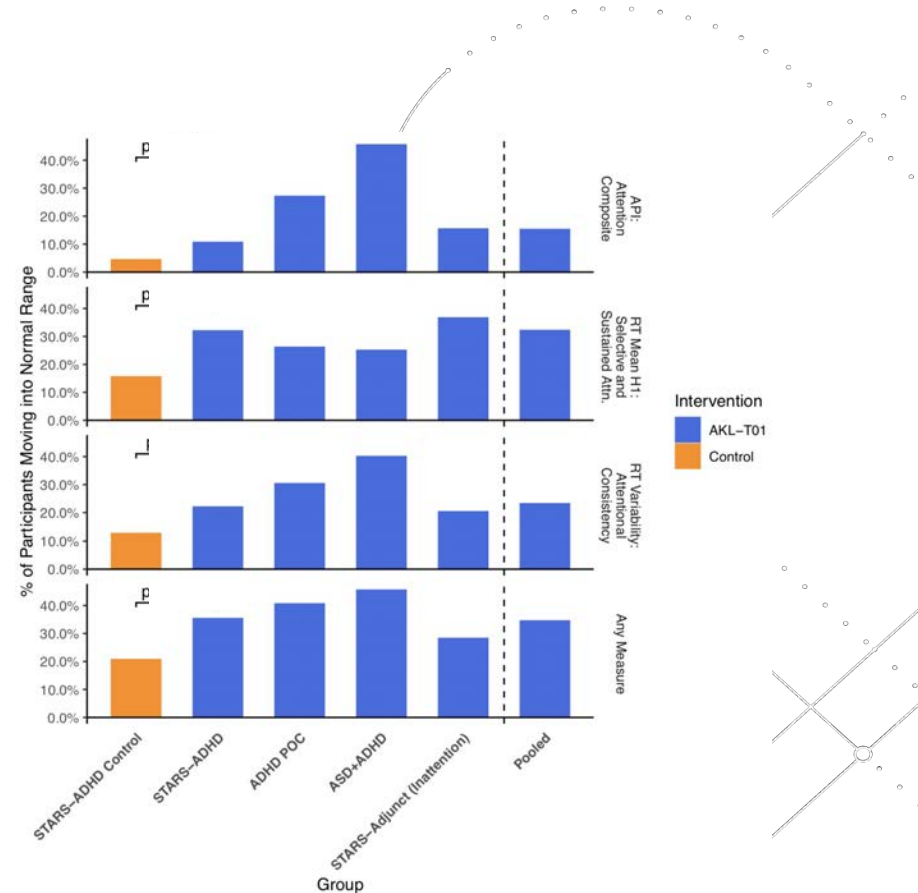
## ADDITIONAL STUDIES

**Sensory Processing Disorder (SPD)**<sup>1</sup>: a pilot study of EndeavorRx (AKL-T01) in children ages 8-12 with SPD only (n=13), SPD+ADHD (n=20) and Healthy Controls (n=24). There was improvement in objective attention measures comparable to STARS-ADHD and the SPD+ADHD group showed a decrease in parent-reported ADHD-inattentive symptoms (-4.5 / SD=4.7).

**Autism Spectrum Disorder (ASD)**<sup>2</sup>: a randomized, double-blind, controlled study of EndeavorRx (AKL-T01) in 19 children ages 9-13 years old with ASD and comorbid ADHD, 11 randomized to AKL-T01 and 8 to digital control. AKL-T01 group improved in TOVA API (1.86 / SD=3.66) while the Control group worsened (-0.82 / SD=3.4). AKL-T01 group improved in ADHD symptoms (ADHD-RS-Total, -6.72 / SD=5.6). Both groups had high compliance with their intervention. There was one non-serious adverse event (decreased frustration tolerance) in the AKL-T01 group.

## OBJECTIVE ATTENTION ACROSS STUDIES<sup>3</sup>

The percentage of children moving into the normative range on objective measures of attention (TOVA API, RT Mean H1 and RT Var) is between 10-45% across all clinical studies. Overall, 34.5% of children moved into the normative range on at least one of these objective measure of attention after 4 weeks of treatment with AKL-T01.



# Clinical Research (cont.)

## SIDE EFFECTS



There were no serious adverse events. Of 538 participants using EndeavorRx (AKL-T01), 50 participants (9.3%) experienced treatment-related adverse events (probable, likely), and three participants experienced treatment-related adverse events with the digital control, in studies where a control was used. AKL-T01 associated adverse events included frustration (6.1%), headache (1.3%), dizziness (0.6%), emotional reaction (0.4%), nausea (0.4%), and aggression (0.2%). All adverse events were generally transient. Only 3 events led to device discontinuation, and no subject reported lasting or irreversible effects after discontinuation.

## NOTE

EndeavorRx may not be appropriate for patients with photo-sensitive epilepsy, color blindness, or physical limitations that restrict use of a mobile device; parents should consult with their child's healthcare provider.

## INDICATIONS FOR USE

EndeavorRx is a digital therapeutic indicated to improve attention function as measured by computer-based testing in children ages 8-12 years old with primarily inattentive or combined-type ADHD, who have a demonstrated attention issue. Patients who engage with EndeavorRx demonstrate improvements in a digitally assessed measure, Test of Variables of Attention (TOVA), of sustained and selective attention and may not display benefits in typical behavioral symptoms, such as hyperactivity. EndeavorRx should be considered for use as part of a therapeutic program that may include clinician-directed therapy, medication, and/or educational programs, which further address symptoms of the disorder.