

World Rugby Brain Health Service – What You Need to Know

The World Rugby Brain Health Service is a free, online screening designed to support current and former players in understanding and managing their brain health. This service helps identify early warning signs of cognitive or mental health concerns and provides recommendations for further medical evaluation if needed.

How It Works

Step 1: Online Questionnaire

- Players complete a detailed self-assessed Questionnaire covering their medical history, sports participation, mental well-being, and lifestyle habits.
- A support person (e.g., family member) can assist with this step if needed.

Step 2: Cognitive Assessment with a Brain Health Practitioner (BHP)

- After completing the questionnaire, players will be assigned a Brain Health Practitioner (BHP).
- A guided telehealth cognitive test (30–40 mins) is conducted online.
- Players will also receive educational videos on brain health and next steps.

Step 3: Report & Follow-Up

- A personalised report is sent to the player's Nominated Doctor, including recommendations for further evaluation if needed.
- If any concerns about cognitive function or mental health (e.g., depression) are found, the Nominated Doctor will decide on specialist referrals and next steps.
- The service does not provide a diagnosis but helps guide players toward proactive brain health management.

Why It Matters

- This service is designed to support brain health at every stage of life. It also provides information on modifiable risk factors that can help players take action to reduce the risk of cognitive decline.
- If you're a former or current player, signing up is a great step toward taking charge of your brain health!

Visit <https://brainhealthservice.rugby> to register