This program is sponsored by:

TOTAL BRAIN

oebb

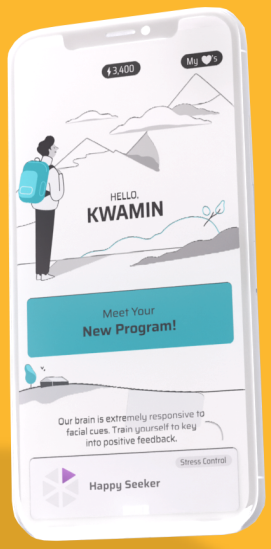
KAISER PERMANENTE®

Challenge Yourself

SHARPEN YOUR FOCUS
IMPROVE EFFICIENCY
WITH TOTAL BRAIN

February 3rd – March 3rd

In a constantly moving society where technology is always at our fingertips, it's easy to get distracted. Whether it's scanning through social media accounts, emails, or other people trying to strike up a conversation, distractions break your focus. When you lose concentration, it becomes difficult to stay on track and complete tasks. The frustration may even build into stress, which is why it's important to improve your brain's ability to block out and recover from distractions that may steer you off path



How You'll Benefit

- The ability to detect and avoid distractions helps you stay better organized when it comes to multitasking and prioritizing what needs to be done.
- Focus, creativity, and communication go hand in hand. Become an expert at target thinking to become a better problem solver.
- Learn how breathing techniques can help center your thoughts and clear your mind for optimal focus.

HERE'S HOW IT WORKS

If you don't already have an account, register at totalbrain.com/OEBB

Challenge yourself this month to complete the assessment to better understand your strengths and weaknesses. At the end of the challenge, take the time to reassess and measure your improvement!

Challenge yourself 5-10 minutes per day to train daily and start to earn brain points. See how many you can accumulate!

Reassess to track your progress and monitor improvement. Start training other areas as you continue to grow.

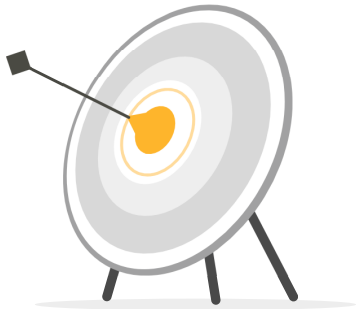
Questions? Contact support@totalbrain.com..

START SHARPENING FOCUS AND IMPROVING EFFICIENCY!

Sign up or Log in:

totalbrain.com/OEBB

Also available for iOS and Android devices.



*Available to all OEBB members enrolled in an OEBB medical plan, 18 years and older.

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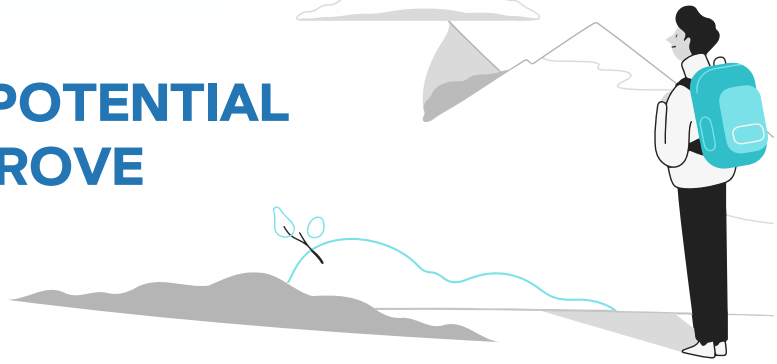
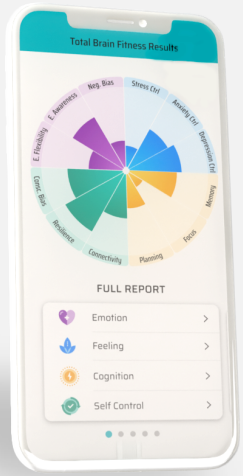
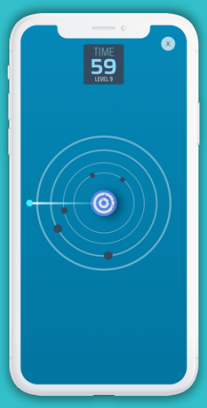


DISCOVER YOUR BRAIN'S POTENTIAL SHARPEN FOCUS AND IMPROVE EFFICIENCY WITH TOTAL BRAIN.

- The clinically validated assessment helps you better understand strengths and weaknesses, and whether you may be at risk for a mental health condition.
- Your personalized program feed changes daily with recommended exercises and content based on your daily activity and assessment results.
- Take 15 minutes a day to train. Select an individual exercise, search for a specific brain capacity, or choose a topic focusing on that entire area.
- Reassess and track your progress with trending reports. Not sure what something means? Each function and brain capacity has detailed information to learn more.



Try these Total Brain exercises to sharpen focus!



Slingshot
Become an expert at targeted thinking by avoiding distractions to hit the target.

Think Focus
Focus your attention on keeping the ball balanced and in the air.

Focus Breath
Use this breathing practice for greater concentration and focus.

If you have any questions, please contact us at: support@totalbrain.com.

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