CONNECTION IS CRITICAL

JOIN OUR SOCIAL CONNECTION CHALLENGE
October 22nd – November 22nd

These last few months have been challenging and trying for many. Guidelines telling us to shelter-in-place and socially distance have created feelings of isolation and loneliness for many. Ignoring these feelings can affect your physical health by increasing blood pressure, create sleep deprivation and heighten depression and anxiety.

We are social creatures that need human connection. Your friend tells you a joke. A co-worker congratulates you on a job well done. Your spouse gives you a hug when you get home. All these actions involve social connection and are in fact helping you bust stress and improve your overall happiness.

This month, challenge yourself with Total Brain and join the Social Connectivity Challenge to start building your social connections and improving your relationships with others. **While you’re doing that, you can also have a chance to earn a prize!** There will be up to 5 winners per week and up to an additional 5 winners at the end of the challenge!

What you’ll learn from this challenge:

- Understand how body language affects interactions with others
- Identify emotions to connect stronger with others
- Improve your ability to remember the names and faces of those you interact with

**START MASTERING CONNECTIVITY!**

Register or Login at TotalBrain.com/OEBB

Also available for iOS and Android devices.

**HERE’S HOW IT WORKS**

- After you Register or Login at TotalBrain.com/OEBB, complete the assessment to better understand your strengths and weaknesses
- Train daily and start to earn brain points that can earn you a weekly raffle entry for prizes!
- Reassess to track your progress and monitor improvement. Start training other areas as you continue to grow.
- **Weekly drawings for up to 5 winners!** To qualify – earn 1,000 points during the week
- **Final drawing for up to 5 winners!** To qualify – earn a total of 4,000 brain points from October 22nd – November 22nd

*Available to all OEBB members enrolled in an OEBB medical plan, 18 years and older.*
DISCOVER YOUR BRAIN’S POTENTIAL AND IMPROVE SOCIAL CONNECTIVITY WITH TOTAL BRAIN.

Get Started Here: TotalBrain.com/OEBB

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 IMPROVE CONNECTIVITY!

**Emotion Match**
Match the facial expression with the emotion and become an expert at emotional awareness.

**Body Language**
Learn to become an expert in reading body language cues.

**Emotion Booster**
Learn to identify emotions to understand and build relationships with others.

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