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KAISER PERMANENTE®

UNDERSTAND YOUR BRAIN BETTER TO IMPROVE YOUR MENTAL HEALTH AND FITNESS

Introducing Total Brain for OEGB members.* Total Brain helps you learn more about your brain and ways to improve it, providing you with specific mental fitness programs including brain exercises, breathing, and meditation practices designed to strengthen your brain capacities and improve your overall mental health.

Simple, Scientific, and Convenient to Use



Complete the confidential, clinically validated brain health assessment to learn about your brain profile.



Understand your total brain with results across 12 brain capacities that identify strengths and opportunities.



Take 15 minutes a day to start a custom mental fitness program with digital brain exercises, meditation, and breathing.

REGISTER AT:

TotalBrain.com/OEGB

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

Program available on desktop, iOS and Android device. Questions? Visit totalbrain.com/support.