**Total Brain – Template message from leadership to OEBB members**

**(To be customized by employer or wellness champion leader)**

Dear [individual or group name],

I am excited to announce and invite you to participate in a voluntary online program that OEBB and Kaiser Permanente are making available called [Total Brain](https://www.totalbrain.com/oebb). The program is designed to help you develop resilience, manage stress, build positivity, think more clearly, and interact with others more effectively. All are keys to good mental health!

Part of our vision and guiding principles at [customize message for your entity] are to *[“support Oregon’s health system (by) promoting better health and better care…”* and to, *“encourage members to take responsibility for their own health outcomes.”]* At the heart of these principles is your personal health; particularly, to help you take charge of your mental health.

Throughout the next months, you will receive communications and information on how you can participate, and activities related to the program. Total Brain is a resource for YOU. [Here’s a link to their overview video.](https://urldefense.proofpoint.com/v2/url?u=https-3A__youtu.be_KomawQFzBmE&d=DwMF-g&c=V-WiB07a9ZG9AUogGPqIYBXfVnjryhYX1W_SjITv1Oo&r=6TfLANLvfxHAZCN_yTTLvpqmicVKRjxN824yRxYId64&m=fseGf4WYr9GhPD_9a1jpwVldjVrro7Bk8vbbA7jhONk&s=5l2x8VSPYSRkSYNsOGUK8sfWK5AF0Yt2G-YyNtjCOuk&e=) I hope you find the program enjoyable and that it improves your mental health. I am going to participate, and I invite you to as well; for you and for your family.

Sincerely,

[Your name]

Note: You do not need to be a Kaiser Permanente member to use this resource.