

# The brain training guide for people 65+

BrainHQ is like a fitness gym where you can do exercises to help sharpen your brain. They're fun and challenging, and they can be done on your favorite device while you're making coffee or waiting for an oil change.

How do you gain entry to this exclusive brain-training gym?

**Follow these four easy steps:**

## Step 1

Head over to **get.brainhq.com** on your favorite device, then follow the prompts to sign up. (Bonus: You may be eligible for no-cost access to BrainHQ through your Medicare Advantage plan.)

## Step 2

Answer a few questions so that BrainHQ can learn a little about your brain. For your first exercise, you'll take a short tutorial to get you up to speed. Then, finally, the **personal trainer** feature will set up your brain exercise schedule. BrainHQ has more than two dozen exercises that cover:






- Attention
- Brain speed
- Memory
- People skills
- Intelligence
- Navigation

## Step 3

Book some "gym time" on your schedule. We know you have a busy social calendar, but each brain-training session takes just a few minutes to complete. (Eventually, you'll want to aim for about **90 minutes per week** — or three sessions at 30 minutes apiece).

## Step 4

Sit back and enjoy the results. By training your brain at BrainHQ, you'll see improvements to your **confidence**, as well as things like your:

-  Attention and focus
-  Balance
-  Driving skills
-  Memory
-  Mood

## Not eligible through your health plan?

No problem! You can register for free to get a taste of BrainHQ, or subscribe to access all the exercises for a full brain workout. Go to **brainhq.com** for more info.