



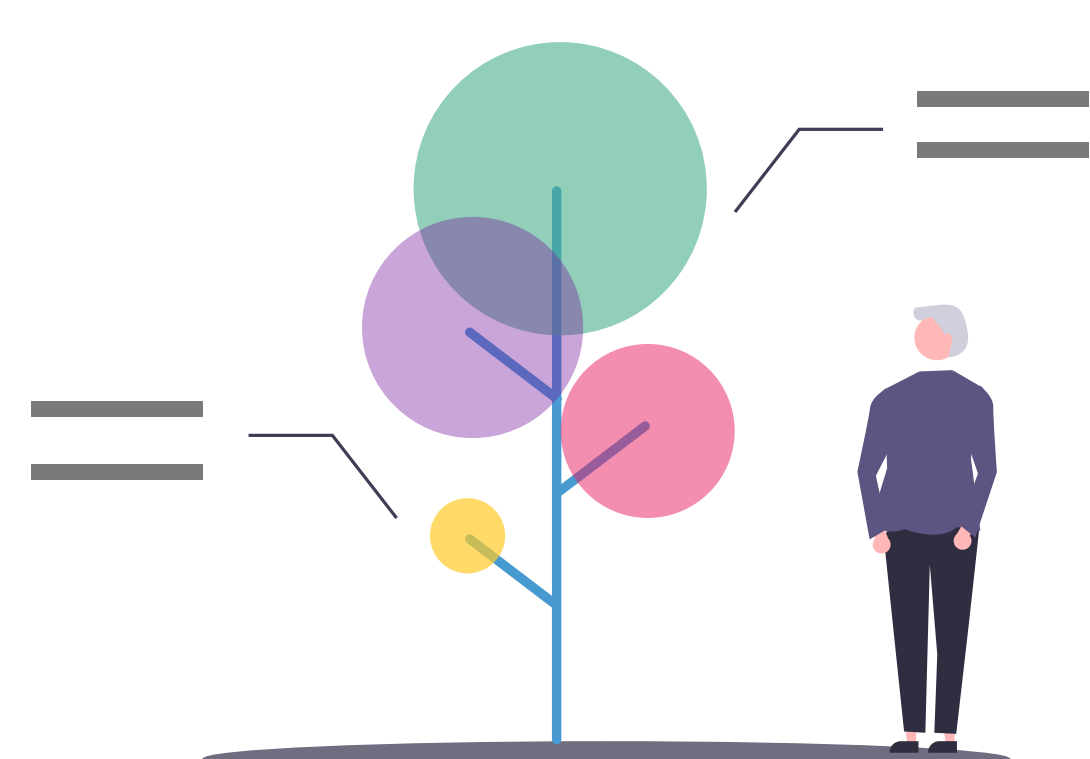
CENTER for
BRAINHEALTH®
THE UNIVERSITY OF TEXAS AT DALLAS

Join The BrainHealth Project – An Online Research Study

Take the driver's seat of your own brain's health and performance. The BrainHealth Project is recruiting generally healthy people ages 18-100 who want to be more proactive about their brain health each day.

For more information scan the QR code or sign up now at centerforbrainhealth.org/Methodist

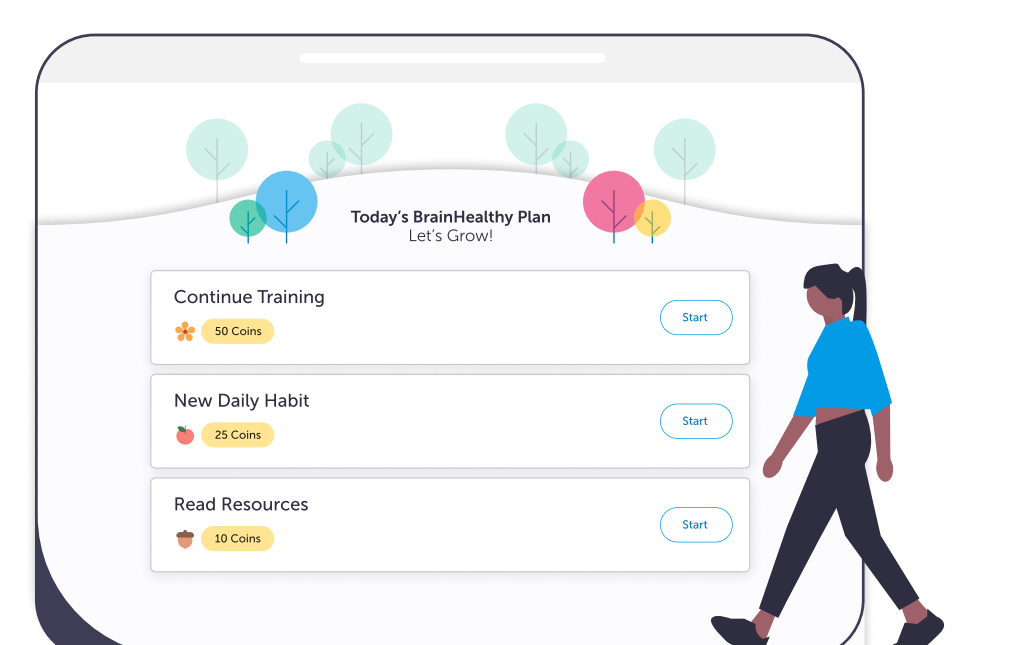
HOW IT WORKS



BrainHealth Index

Measure and track your performance over time

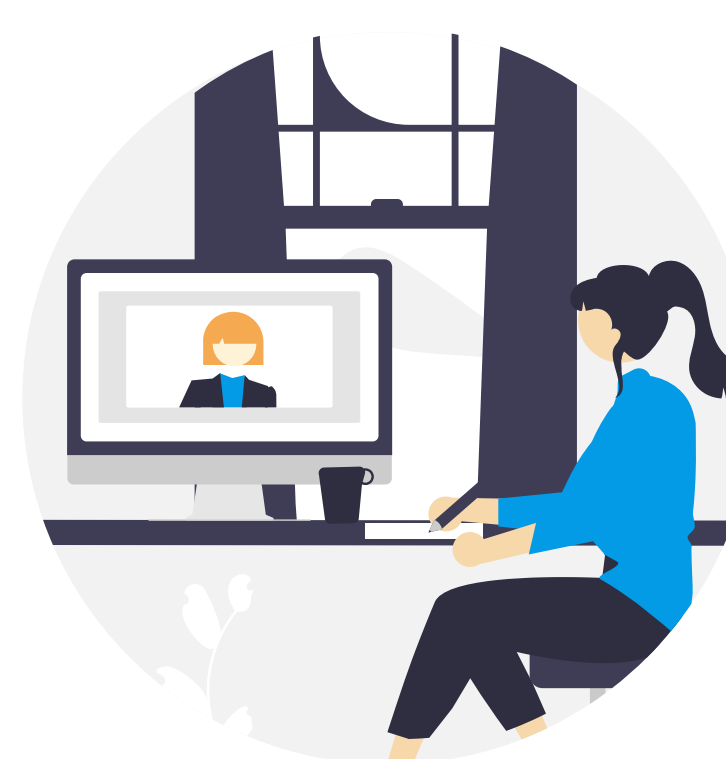
*90 min / 6 months



Training

Enjoy videos, resources, and other tools through your brain health dashboard

*15 min / week



Coaching

Learn simple steps to support your brain health

*20 min / 3 months



Habits

Track your progress forming brain healthy habits

*2 min / daily

This is general roadmap of how the BrainHealth Project works. But you can customize your experience to best fit your needs. Participation is entirely online, voluntary and confidential.



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