



Join a Brain Health Study

The goal of BrainHealthy College Program is to find effective ways to measure, track, and improve brain health for college students and faculty/staff members.

Who Is Eligible?

Students and staff/faculty at UTD and Dallas College who are generally healthy adults, ages 18+ with internet access and a device. (Other criteria may apply)

Participant Experience - Fully Virtual

- Use the BrainHealth App® or a computer web browser
- Complete a BrainHealth Index (60-90 minutes every 3 months)
- Access online training (5-10 minutes a day)
- Meet with a virtual coach (20 minutes every 3 months)
- Use habit building tools (2-5 minutes a day)



Scan QR to learn more:

