



THE
BRAINHEALTH®
PROJECT



Join a Brain Health Study

The goal of The BrainHealth Project corporate study is to find effective ways to measure, track and improve brain health for employees.

Who Is Eligible?

Generally healthy adults, ages 18+ with internet access and a device.
(other criteria may apply)

Participant Experience - Fully Virtual

- Complete a BrainHealth Index (60-90 minutes every 6 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)

HOW IT WORKS

THE FIRST SIX MONTHS



Get baseline
BrainHealth Index



Create personal goals
through coaching



Learn brain-healthy
strategies with self-paced
online modules

This is what the first six months look like. But it doesn't have to stop there! The study will go for 3 years, participants can be as active and involved as they want. Participation is entirely online, voluntary, confidential and will not impact your employment status.

Learn more and sign-up by scanning or clicking on the QR code.
Contact sarah.laane@utdallas.edu for questions.



CENTER for
BRAINHEALTH®
THE UNIVERSITY OF TEXAS AT DALLAS