

CONCIERGE BRAINHEALTH[®] INDEX



Let's change the conversation around brain health.

Discover the power you have to change your brain. Science has shown that, through neuroplasticity, we can proactively enhance the brain's lifelong ability to grow stronger and work better.

The first step is getting your BrainHealth Index, a snapshot of the brain's current fitness level. When taken annually, the Index shows change over time, underscoring the brain's ability to improve and BrainHealth Index can help you set personal goals. From there, you can learn how to improve your brain's functions; strengthen resilience, agility, and endurance; calibrate mental resources to focus with precision on critical tasks and decisions; and create dynamic habits to continually spark innovation and curiosity.

A Lifestyle Consultation with Dr. Jane Wigginton can help you take a deeper dive into supporting brain gains and overall health through personalized healthy lifestyle behaviors.

Who can benefit?

- People who are concerned about changes they see
- People with a family history who want a baseline
- People who want an edge
- People who are proactively looking for brain health training
- People who have questions about their health history/medication, and effects on brain health

How does it work?

- Take your BrainHealth Index in a 2.5-hour in-person session
- Review your results and set personal goals in a 1-hour session
- Receive ongoing coaching support (in person or virtually) and access to online brain training tools
- Get a Lifestyle Consultation to help identify areas for gains and strategies to implement
- Cost: \$1,500 annually

Three Easy Steps:



STEP 1

Take your BrainHealth Index and receive a personal evaluation from a BrainHealth clinician in a confidential, 2.5-hour in-person session



STEP 2

Plan your journey in a 1.5 hour session with your clinicians, setting actionable goals



STEP 3

Receive ongoing coaching support (in person or virtually) and access to an online library of curated, impactful brain training tools



Start your BrainHealth journey today.
Scan QR code or learn more at
centerforbrainhealth.org

To schedule your visit, please contact the
Concierge BrainHealth team at:
972.883.3300 or BHindex@utdallas.edu

This service is not designed as a medical assessment, nor is it to provide a diagnosis or prescribe a medical or mental health treatment program and, therefore, should not be considered a form of medical treatment or mental health therapy. The consultation does not establish a doctor/patient relationship, nor should it be used as a substitute for regular medical care. Its purpose is to evaluate high-level cognitive processing, particularly those mediated by the frontal lobe. Your personal information and data will remain strictly confidential and owned by you.