



# Join a Brain Health Study

The goal of the BrainHealth Project is to find effective ways to measure, track, and improve brain health throughout life. Download the BrainHealth<sup>®</sup> App or use a web browser from your computer to enroll.

## 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)

