






Optimal BrainHealth[®] for Warfighters

*Advancing Resilience, Readiness
and Recovery*



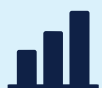
Optimal BrainHealth for Warfighters is a science-backed optimization program driven by metrics and training to help service members think sharper, recover faster and sustain peak cognitive readiness.

-  **Personalized training + coaching** via the BrainHealth App
-  **Sleep optimization** and resilience training
-  **Continuous habit reinforcement** for lasting gains
-  Integration into **military performance and transition pathways**
-  **Advanced measurement** from fMRI, HRV + sleep & fitness tracking

WHY IT MATTERS

Warfighters consistently face challenging situations, unknown conditions and ever-changing demands, all of which require strategic, deeper-level and innovative thinking to navigate. While physical readiness is continuously trained, **brain performance is not**. This program ensures our service members can:

- ✓ Think clearly under pressure
- ✓ Recover faster from traumatic brain injury (TBI) and post-traumatic stress (PTS)
- ✓ Maintain peak cognitive readiness over time








Results = measurable gains in performance, recovery and resilience



OUR VISION

Scale **data-driven brain performance program** to every service member – advancing cognitive resilience, readiness and recovery.

IMPACT AT A GLANCE

-  **6,500+** warriors and spouses reached
-  **170+** personalized coaching sessions delivered
-  **840+** BrainHealth assessments completed
-  **50** Human Performance Specialists trained
-  **450+** service members trained

 **Partners in Impact:** US Special Operations Command (SOCOM), KBR, Battelle & Virginia High Performance

\$1M MATCH OPPORTUNITY

Admiral William H. McRaven has committed a **\$1 million challenge** grant to expand this work.


GIFTS MATCHED
1:1


UP TO
\$2 M
IN TOTAL IMPACT


MORE WARFIGHTERS
AND VETERANS
SERVED



SCAN OR CLICK TO GIVE

Join us in transforming brain health for those who serve.



William H. McRaven
Admiral (Ret.)

“ Our soldiers are coming out of combat, the battlefield, a firefight one day ... and within 24 to 48 hours, are back at home. The brain is the central processing unit for everything we do. Center for BrainHealth is making fundamental breakthroughs that can change the brain performance of every American.

– Admiral McRaven ”