NEW YEAR, NEW YOU CHALLENGE
JANUARY 1 – 31, 2020

CHEERS TO A NEW MINDSET!

Get a fresh start to the year with a clear mind and attainable goals. Use Total Brain to help achieve positive habit change in your daily life. Take the New Year, New You Challenge and get a chance to win prizes when you earn 2,000 points.

HERE’S HOW THE CHALLENGE WORKS:

1. Earn 2,000 Brain Points by doing any of the following activities:
   a. Take the assessment to learn about your brain strengths and opportunities
   b. Train using the cognitive exercises, breathing and meditation practices
   c. Watch insightful videos and learn more about the science on how your brain works

2. Get entered into a raffle to win prizes

Get Started Today!
TOTALBRAIN.COM/OEBB

Available on desktop, iOS, and Android devices.
If you have any questions, please visit totalbrain.com/support.