

Regain Control Of Your Thoughts With Total Brain.

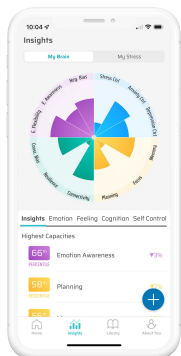


One small act can make the difference.

While many people report feeling "empty" within their daily lives, associated with mental health symptoms and negative ideations - Total Brain users who completed two or more hours of training experienced **improvements in depressed mood by 39%**^[ref 1] and **reduced anxiety by 28%**^[ref 2]. Here are a few steps you can try:



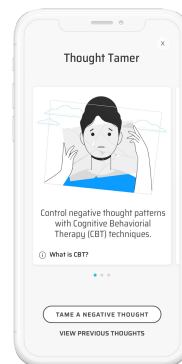
ASSESS



Discover your unique mental health profile with the **Total Brain assessment**. Receive personalized recommendations to support your mental health needs.



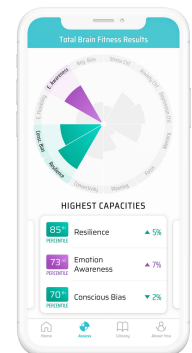
TRAIN WITH SELF-CARE TOOLS



Break negative thought patterns from hijacking your day with **Thought Tamer**.



CHECK YOUR PROGRESS



Re-Assess after training to track improvements. Receive new recommendations in your daily feed to help you improve your brain health.

To Access Your Free Total Brain Account:

Employees: log into your [WebMD](#) account > click on the AECOM Benefits Tab > click on the Total Brain Card
Covered Spouses/Domestic Partners: visit totalbrain.com/aecom

Earn up to 40 well-being points in your AECOM/Total Brain account between October 1st, 2023 - August 30th, 2024.

If you or someone you know needs additional support, please call or text the National Suicide and Crisis Lifeline at 988. To learn more about suicide and suicide prevention, explore articles from our parent company here: www.sondermind.com/category/suicide.

References:
1 Among Total Brain users who completed 2 or more hours of training, a 39% improvement in depressed mood was found.

2 Among those flagged as at risk for depression or anxiety, a 28% improvement in anxiety levels was found for those who completed 2 or more hours of training.

