

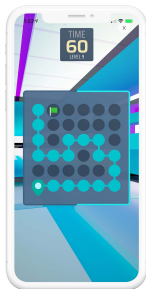
Enhance Your Memory And Improve Mental Health With Total Brain



While our brains can essentially store a limitless amount of memories, we typically forget about 70% of new information over the course of 24 hours. Learn how you can train your brain to retain important information with these tips from Total Brain.



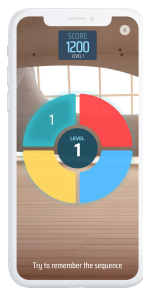
STRENGTHEN YOUR RETENTION



Support your short-term memory with an exercise like [Memory Maze](#) to learn how you can better retain important information and strategically plan for tasks.



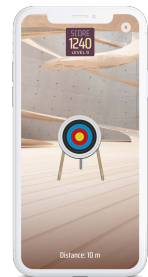
BOOST YOUR WORKING MEMORY



Boosting your working memory skills with an exercise like [Memory Sequence](#) can strengthen this function and provide enduring benefits that translate to daily life.



SHARPEN FOCUS TO IMPROVE YOUR MEMORY



Distractions are one of the biggest reasons we forget things! Learn to stay focused and increase your chances of retaining information with an exercise like [Think on Target](#).

Need a Total Brain account? To sign up or log back in visit [WebMD](#) and search for the Total Brain card.

Earn up to 40 U.S. Well-Being Points by completing activities in your Total Brain account from 10/1/23 - 8/30/24.