

# Join the Total Brain Sharpen Your Memory Challenge

Earn an extra 10 U.S. Well-Being points! See details below.

Learn techniques to capture details, store new information and improve recall.

**June 1 - June 30**



## How It Works

Complete the Total Brain activities below during the challenge dates, **June 1 - June 30**, to **earn an extra 10 points in the U.S. Well-Being Program!** The survey is optional for you to share your feedback and to help shape future brain health challenges:

- 1. Take one assessment** between June 1 - June 30
- 2. Complete 8 Brain Exercises** between June 1 - June 30
- 3. Submit the 'optional' challenge survey** by June 30. A link to the challenge survey will be emailed during the last week of the challenge.

## Start The Challenge

**Employees, Spouses/Domestic Partners:**

Visit [WebMD](#) and search for the Total Brain card.

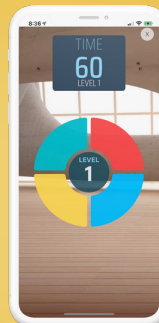
After completion, it may take up to 45 days before your U.S. Well-Being points are awarded. All applicable Total Brain activities completed during the challenge dates will also count towards your U.S. Well-Being rewards and will be reflected in your WebMD ONE account 45 days after the challenge ends.

**To accelerate brain skills** join the webinar "Small Steps To Big Change", Thursday June 6 at 2 PM ET. [Register here.](#)

**Questions?** Contact [support@totalbrain.com](mailto:support@totalbrain.com)

### Try these recommended exercises to sharpen your memory!

To accumulate brain points, sign up or log back into your AECOM / Total Brain account.



#### Memory Sequence

Remembering details can drive optimal decision making abilities and allow you to plan more efficiently.



#### Focus Breath

Clearing your mind can reduce stress and improve retention to detail that can improve overall mental health.



#### Memory Maze

Become an expert at problem solving and thinking in the moment to better strategically plan tasks.