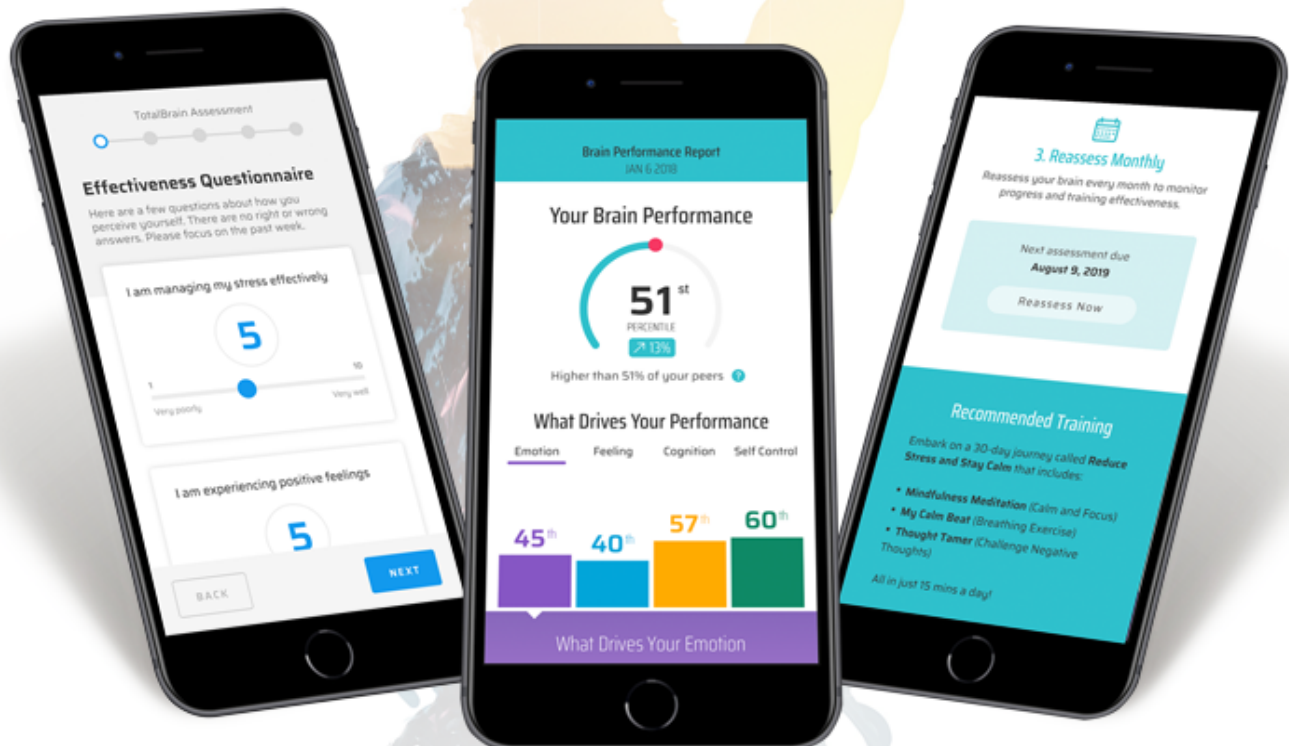


## TOTAL BRAIN HELPS YOU UNDERSTAND AND TRAIN YOUR BRAIN TO IMPROVE YOUR MENTAL HEALTH AND FITNESS

Founded on the principle that our mental health can be measured, improved and managed like our physical health, Total Brain measures the 12 brain capacities that define your mental health. Leveraging deep neuroscience, Total Brain helps you to understand and improve your brain performance to overcome daily challenges and lead a happier, more productive and fulfilling life.

### Scientific, Simple and Convenient to Use



**MEASURE MONTHLY**  
Take our easy to use, confidential, clinically validated assessment.

**UNDERSTAND TOTALLY**  
Get results showing 12 brain capacities that identify strengths, weaknesses and potential health risks.

**TRAIN SPECIFICALLY**  
Start a custom program with digital brain exercises, breathing and meditation for just 15 minutes a day.

### Benefits:

**Self-Awareness:** Learn about your strengths, weaknesses and risk of mental conditions

**Effectiveness Monitoring:** Monitor the impact of mental fitness programs and treatment by tracking your assessment scores

**Confidentially Screen:** Screen for risk of common mental conditions and receive immediate, in-app referrals to third party health services.

**Improved Performance:** Measurable improvements across each of the 12 brain capacities yielding an improvement in overall mental health.

Get started at:  
[TotalBrain.com/Fulton](https://totalbrain.com/Fulton)

If you have questions, please visit: [totalbrain.com/support](https://totalbrain.com/support).