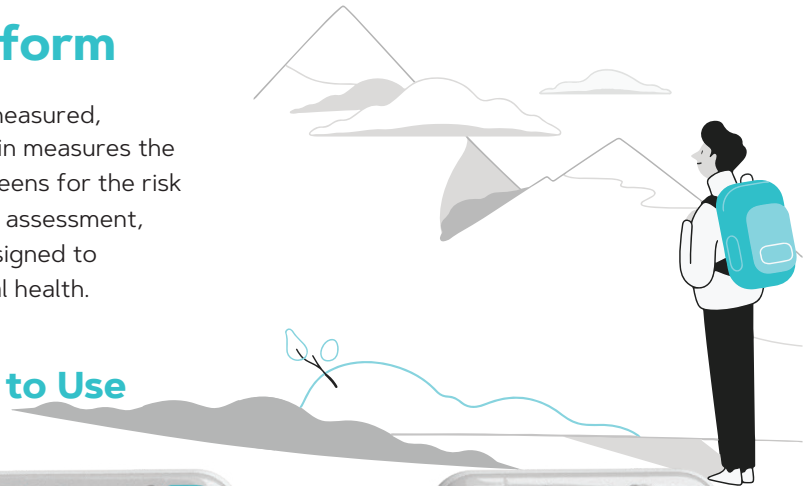


Mental Health

Monitoring & Support Platform

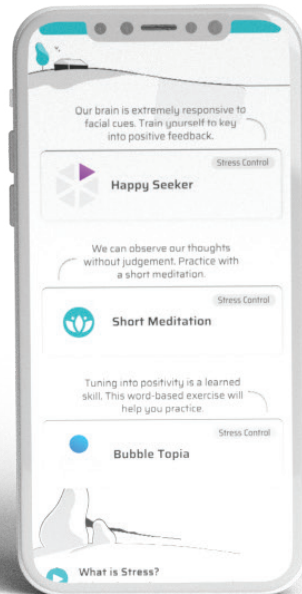
Founded on the principle that our mental health can be measured, improved and managed like our physical health, Total Brain measures the 12 brain capacities that define your mental health and screens for the risk of seven common mental conditions. Then, based on that assessment, Total Brain provides you with a personalized program designed to strengthen your brain capacities and improve your mental health.

Scientific, Simple, and Convenient to Use



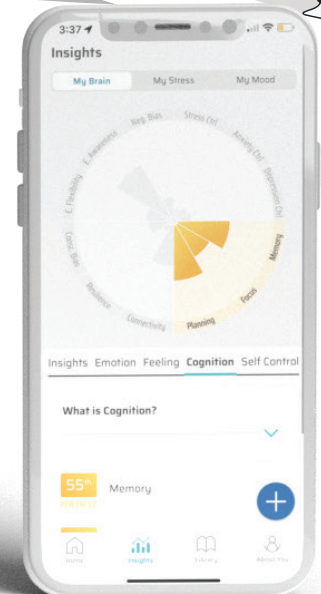
Assess your brain

Take our confidential, clinically-validated assessment monthly to monitor your mental health strengths/weaknesses and potential risks.



Boost Your Brain Power

Based on your assessment, you will receive a personalized self-care program that is updated daily with brain games, meditations, music and more - tailored for your personal mental health profile.



Check Your Progress

Reassess after training to track improvements. Receive new recommendations in your daily feed to help you reach your Peak Performance!

Benefits:

- Self-awareness and stigma-free education
- 24/7 access to self-care support
- Improved brain capacity and mental health
- Acceleration of professional care when needed

Get Started Today

DOWNLOAD THE MOBILE APP

Available in the app store on your mobile device. To access your free Total Brain account, choose 'sign up' > 'sign up for free' - and use the access code **nfp**.



Apple



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