

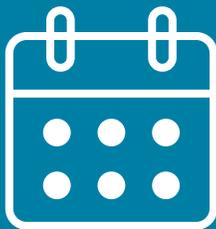


## Memory Fitness Benefit

BrainHQ is a set of online exercises that can be used on a computer or mobile device. The program has 29 online exercises that work on attention, brain speed, memory, people skills, and navigation.



### BrainHQ includes:



**Weekly Challenges**



**Progress Features**

It takes less than five minutes to complete each BrainHQ level so it works with your schedule. Log in anytime at [hta.brainhq.com](https://hta.brainhq.com) and exercise your brain! Link will be live January 1, 2024.



HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal.

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