



Memory Fitness Benefit

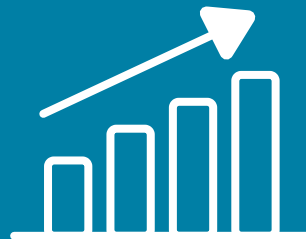
BrainHQ is a set of online exercises that can be used on a computer or mobile device. The program has 29 online exercises that work on attention, brain speed, memory, people skills, and navigation.



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 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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