

Memory Fitness



Improve memory and cognitive performance.

Get a daily workout for your brain with BrainHQ, a program of online exercises that work on attention, brain speed, memory, people skills, and navigation. Based on 30 years of brain research, these exercises are available at no cost to you. For better mind-body health, use BrainHQ.



For Your Benefit

Activating your BrainHQ membership is easy on a computer or mobile device:

1. Scan QR code or visit hta.brainhq.com.
2. Click Sign Up and enter your information.
3. Choose an exercise and begin.



Customized for You

The brain exercises in your memory fitness benefit adapt based on your needs, so they're never too hard or too easy. There's also a computerized "personal trainer" feature that helps you track your progress.

We're Here for You



Your Healthcare Concierge is here to help you make the most of your benefits. Just call or email for fast, friendly assistance.

888-965-1965 (TTY 711)
conciergeHTA@htanc.com

8 a.m.–8 p.m. | Oct. 1–March 31, 7 Days a Week
April 1–Sept. 30, Monday–Friday