



## **Mental Well-Being Free APP: Total Brain**

We at NFP realize as COVID-19 (coronavirus) continues to dominate the news, anxiety levels are continuing to increase. From fear of contracting the virus, dramatic drops in the stock market, to businesses having travel restrictions or work from home policies, there is a general sense of uncertainty that is likely creating angst among your workforce.

The good news is, NFP's mental well-being national partner, Total Brain is jumping in to help. Your employees will have free access to their mobile platform, accessible at work or at home, that can help monitor and reduce anxiety levels during this stressful time.

In fact, with just 2 hours of training, Total Brain has been shown to improve anxiety levels by 28%<sup>1</sup> and improve depressed mood by 39%<sup>2</sup>. Further, Total Brain Screening can help identify those employees whose anxiety levels have passed the sub-clinical threshold and refer them to a health professional for early intervention.

Reducing employee anxiety, minimizing mental condition risks and keeping employees focused are all critical for maintaining high business productivity at a time like this.

Please note this free trial does not include any employer reporting or company-wide analytics or resources that you'd receive with the Total Brain employer solution. But we hope the innovative, science-based mental well-being APP will provide some relief and support to your employees during this challenging time.

### **How to access the free trial App:**

Employees can access the free APP in one of two ways:

- 1) Through the Website: Accounts can be created by going to <https://app.totalbrain.com/enter/consumertrial>. Once an account has been created, it can be accessed using [www.totalbrain.com](http://www.totalbrain.com) or by downloading the **Total Brain app** to a phone from the app store of choice. **Use the company code – [consumertrial](#).**

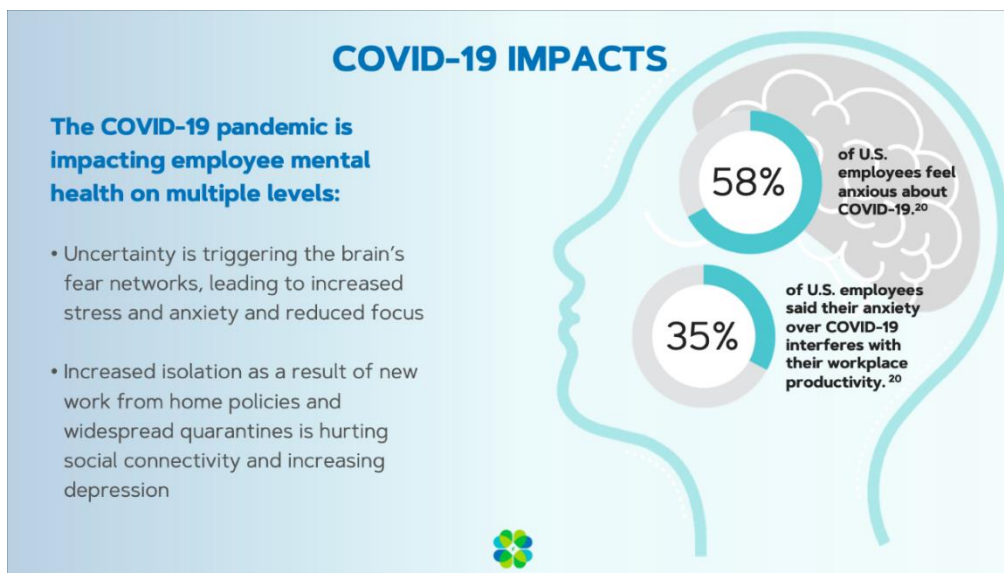
Through the App: The other way to create an account is directly through the app. By going to a preferred store to download the **Total Brain App**:

- iOS: <https://apps.apple.com/us/app/total-brain/id1190144100>
- Android: [https://play.google.com/store/apps/details?id=com.mybrainsolutions.mybrainsolutions&hl=en\\_US](https://play.google.com/store/apps/details?id=com.mybrainsolutions.mybrainsolutions&hl=en_US)

Enter code = "consumertrial". Once an account has been created, it can be accessed using the app or by logging in at [www.totalbrain.com](http://www.totalbrain.com)

If you want to learn more about the Total Brain employer solution, please contact your NFP account team.

### More about COVID-19 and Total Brain



## TOTAL BRAIN BLUNTS COVID-19 IMPACTS

### Why it Works:

While you can't control the source of the threat, you *can* monitor its impact on brain capacities and control the response that your brain and body has to it.

In fact, humans have a "Calm-Flexible" Vagus system that puts a brake on the brain's Fight-Flight system, increases decision making flexibility and strengthens the immune system.

### How it Works:

- Screening that can help identify those employees whose anxiety levels have passed the sub-clinical threshold and refer them to a health professional for early intervention
- Training exercises that help you tap into the Vagus system to reduce fear and negativity, and level up calm, flexibility and positivity

### Proven to Work:

With 2 hours of training Total Brain has been shown to reduce:

**- 28%**  
Anxiety<sup>14</sup>

**- 39%**  
Depression<sup>15</sup>

