

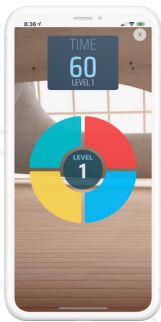


Join the Boost Your Brain Power Challenge

May 1 - May 31

For a chance to win one of three \$50 Amazon E-Gift Cards see details below

Try these exercises to improve your Memory, Focus and Planning



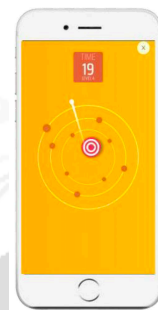
Memory Sequence

Think quick and see how far you can go by remembering a sequence of colors.



Focus Breath

Use this meditation to center yourself and stay focused on your breathing to clear your mind.



Slingshot

Learn how to plan, adapt and stay on track, taking several factors into consideration to reach the slingshot goal.

Here's how it works



To have your name entered for a chance to win one of three \$50 Amazon E-Gift Cards, complete the three activities below in your Southern Company/ Total Brain Account during the challenge dates!



- 1) complete 1 assessment
- 2) reach 4,000 brain points by completing any exercise, reading articles and watching videos.
- 3) submit the challenge survey



If during this challenge - you complete your 2022 first and second assessment, then it will also count towards your Total Brain annual incentive. You will see this reflected in your Total Brain account once the challenge is over.

Start the Cognition Challenge!

To sign up or log back in:

Employees visit: [mysource](#) and click on the Total Brain Tile.

Spouses/Domestic Partners visit: www.totalbrain.com/enter/southerncompany

Also available for iOS and
Questions?

Contact support@totalbrain.com

