

Start Focusing On Your Mental Health With Total Brain

Eastman values your mental health and well-being and has partnered with Total Brain to add a new preventive resource to our wellness platform which expands support of your mental health.

Your brain is powered by 12 interdependent brain capacities that make up our emotions, feelings, cognition, and self-control. These brain capacities determine how we respond to challenging situations, including how likely we are to become stressed and anxious or stay focused and productive. By self-monitoring and strengthening your brain capacities through Total Brain, and screening for potential risks, your mental health can be improved.

Getting Started With Total Brain

EMPLOYEE INSTRUCTIONS



- 1) Review Total Brain Terms and Conditions and Privacy Policy [HERE](#). *
- 2) Go to totalbrain.eastman.com to access your Total Brain account.
- 3) You can **then** download the mobile app from either the App Store or Google play and choose "I login with a pin code" and enter your company email.



Take the Assessment

Once you complete the confidential assessment, analyze your results to better understand your strengths and weaknesses, and what areas need the most improvement.



Start Exercising Your Brain!

Measurable improvement across all 12 brain capacities, yielding an improvement in overall mental health.

"We know your privacy is important to you, and we value the trust you put in us to help improve your brain performance! To provide our services, we ask for important personal data, including information about you and your health. Please review this [Privacy Policy](#) to understand how we collect, use, and share your personal data, as well as your choices and rights with respect to this information. By using any of our Service, you agree to these [Terms of Use](#)."

Questions?

Contact us at support@totalbrain.com or visit Total Brain's [FAQs page](#).



Self-care for your mental health with just 15 minutes a day 3 times a week. (1)



Monitor

your risks for a potential mental health condition



40+ mind and brain exercises to support your mental health

SPOUSE and DOMESTIC PARTNERS

EMPLOYEES, PLEASE REMEMBER TO SHARE YOUR EASTMAN EMPLOYEE ID WITH YOUR SPOUSE/DP FOR ACCESS.

SPOUSE/DP ONLY: To sign up on your desktop go to: www.totalbrain.com/eastman and click JOIN.

To **SIGN UP** on your mobile device via the Total Brain APP (download from the APP Store) use employer referral code: "eastman"

[1] Improvements in brain performance correlated with average of three hours of training. 2017 internal book of business data; N = 3,275; Users who assessed + trained at least twice.