



TAKE CARE OF YOUR BRAIN NOW.

It will thank you later.

A healthy brain is essential to everyday living. It gives you the ability to remember, learn, play, concentrate, and have a clear and active mind.¹ Brain health is all about making the most of your brain and helping to reduce risks to it as you age.

Age matters

Even if you're otherwise healthy, age can have an effect on your mental abilities. A grandparent may not do as well on complex memory or learning tests as their grandchildren. Or, an older person may not be as coordinated on the basketball court as a teenager.

There's good news, though. Science is now finding that the brain can still adapt to new challenges and tasks as we age.²



Know what's normal

Some brain changes - such as those associated with dementia and Alzheimer's disease - are not a normal part of the aging process.

Together, all the way.®



How the brain ages

Getting older does provide some advantages. A lifetime of experiences gives you more knowledge and insights. It's never too late to learn new things, improve your vocabulary and language skills, and create new memories. But there are some difficulties that naturally come with aging.

It's common to experience some memory or thinking problems as you age, such as:

- › Increased difficulty finding words and recalling names.
- › Problems with multitasking.
- › Slight decline in your ability to pay attention.

Here are some interesting facts about the brain as it ages.²

- › Certain parts of the brain shrink, especially those parts that have to do with learning and other mental activities.
- › In certain regions of the brain, communication between nerve cells (called neurons) can decrease.
- › Blood flow in the brain may also decrease, while inflammation due to injury or disease may worsen.

Tips to help improve your brain health

Here are some things you can do to help keep your brain healthier.³

- › Eat a heart-healthy diet and exercise regularly.
- › Get the proper amount of sleep.
- › Don't smoke; quit if you do smoke.
- › If you drink, don't abuse alcohol.
- › Maintain healthy levels of blood pressure, blood sugar and cholesterol.
- › Protect your head and wear a helmet for biking, skiing, etc.
- › Learn a new skill for mental stimulation.
- › Use relaxation techniques to manage stress.



If you have any signs or symptoms that indicate your brain health may be at risk, contact your doctor.

1. National Institute on Aging. "What is Brain Health?" <https://brainhealth.nia.nih.gov> (accessed April 23, 2018).

2. National Institute on Aging. "How the Aging Brain Affects Thinking." <https://www.nia.nih.gov/health/how-aging-brain-affects-thinking> (reviewed May 17, 2017).

3. Harvard Health Publishing. "12 ways to keep your brain young." Web (updated January 16, 2018).

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