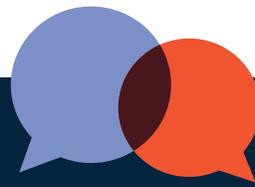


BrainGuide is a first-of-its-kind platform that empowers people with knowledge and resources to take the best next steps in managing their own or a loved one's brain health.

Say hello to



# BrainGuide™

by **USA**AgainstAlzheimer's

## Get Started with Confidence

**BrainGuide helps people get started with confidence, wherever they are, in their brain health journey:**

### **Free and easy to access.**

BrainGuide is available online at [mybrainguide.org](http://mybrainguide.org) or as an automated toll-free phone service at 855-BRAIN-411 – in both English and Spanish.

### **Provides a memory questionnaire.**

The BrainGuide memory questionnaire does not provide a diagnosis, but it can help guide you toward information and resources that inform the best next steps for you or a loved one.

### **Offers tailored resources.**

Based on your answers, BrainGuide will give you tailored resources to help you keep your brain healthy, spot signs and symptoms of cognitive decline, live well with Alzheimer's, take care of a loved one, and more.

## Find Resources at Every Step

**BrainGuide helps people of all ages and from all communities to learn about brain health and Alzheimer's disease – and then take action:**

### **Information for any need.**

Whether you're improving your brain health, checking on memory changes, learning more after a diagnosis, or helping your family, BrainGuide offers resources to help you navigate your or a loved one's brain health journey.

### **For you or your loved one.**

BrainGuide provides memory questionnaires that you can take on behalf of yourself or someone you care about. We also provide a wide variety of resources for people seeking to manage their brain health, people worried about their own memory or the memory of someone they love, and those caring for loved ones with Alzheimer's disease.

**Start your memory questionnaire or browse BrainGuide's resources today.**



Hold your smartphone camera over this QR Code so that it is clearly visible and visit BrainGuide today.

**Take your first step today**  
**MyBrainGuide.org | 855-BRAIN-411**