

From: Dietz, Sidney  
Sent: 12/11/2013 8:21:55 AM  
To: Michael.Campbell@cpuc.ca.gov (Michael.Campbell@cpuc.ca.gov)  
Cc:  
Bcc:  
Subject: Fw: Introducing a new program for GO employees to build brain health—Sign up now!

Fyi.

-----Original Message-----

From: MyBrainSolutions  
To: Sidney Bob Dietz  
ReplyTo: MyBrainSolutions  
Sent: Dec 11, 2013 8:03 AM  
Subject: Introducing a new program for GO employees to build brain health—Sign up now!

PG&E GO Employees:

An important part of overall wellness is the health of your mind as well as your body. PG&E has recently partnered with MyBrainSolutions.com to pilot a brain health program over the next six months to help you add brain training to your everyday healthy habits.

With a healthy brain, you'll bounce back from stress, stay positive, think clearly and interact with people better. And the best part? You can build brain health with fun games and activities!

If you train 10 minutes per day, two to three times per week, you can start feeling the benefits in just one month.

Here's how to participate in the pilot:

- Complete a 30 minute baseline assessment
- Train for 10 minutes/day, 3 times/week (for at least a month to start feeling benefits)
- Complete a follow-up assessment to track your improvements

We want to hear how MyBrainSolutions helps you and how you think it could help others at PG&E. Send your

comments and questions to: [support@mybrainsolutions.com](mailto:support@mybrainsolutions.com)

Quick Links:

- [www.MyBrainSolutions.com/PGE](http://www.MyBrainSolutions.com/PGE) <<http://mybrainsolutions.us2.list-manage.com/track/click?u=9d37e085b5c9fffa1ef61ad95&id=b93ff11edf&e=2e6af7a489>>
- MyBrainSolutions iOS app <<http://mybrainsolutions.us2.list-manage.com/track/click?u=9d37e085b5c9fffa1ef61ad95&id=ca8e28021a&e=2e6af7a489>> (Android coming soon!)
- Questions? If you have any questions, please contact:

[support@mybrainsolutions.com](mailto:support@mybrainsolutions.com)

From Workforce Health and MyBrainSolutions

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Do I seem terse? Blame the thumb keyboard.