

From: Campbell, Michael
Sent: 12/11/2013 8:39:26 AM
To: Dietz, Sidney (/O=PG&E/OU=Corporate/cn=Recipients/cn=SBD4)
Cc:
Bcc:
Subject: Re: Introducing a new program for GO employees to build brain health—Sign up now!

Oh. That's a really good one.

On Dec 11, 2013, at 8:22 AM, "Dietz, Sidney" <SBD4@pge.com> wrote:

> 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!
>
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> PG&E GO Employees:
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> 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.
>
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>
> Here's how to participate in the pilot:
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>
>
> • 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
>

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>
> 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

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>
> Quick Links:

> • www.MyBrainSolutions.com/PGE <<http://mybrainsolutions.us2.list-manage.com/track/click?u=9d37e085b5c9fffa1ef61ad95&id=b93ff11edf&e=2e6af7a489>>

> • [MyBrainSolutions iOS app](http://www.MyBrainSolutions.com/iOS) <<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

> From Workforce Health and MyBrainSolutions

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> <<http://mybrainsolutions.us2.list-manage1.com/track/click?u=9d37e085b5c9fffa1ef61ad95&id=0576b8bab7&e=2e6af7a489>>

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>
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> -----
> Do I seem terse? Blame the thumb keyboard.
>
> PG&E is committed to protecting our customers' privacy.
> To learn more, please visit <http://www.pge.com/about/company/privacy/customer/>