## Keep your brain healthy and sharp

As you age, it's normal to occasionally forget someone's name or a place. But forgetfulness shouldn't disturb your daily life – like brushing your teeth or buttoning your shirt. If you're worried about memory loss, talk with your doctor and take steps to maintain a healthy brain. Did you know the foods you eat can also impact your memory?

## Here are some tips to maintain a healthy brain:

- Eat healthy Nutritious foods to help improve your focus.
- Socialize Connecting with others to help boost memory.
- Limit alcohol consumption Alcohol can make it harder for your brain to store and recall information.
- Move your body Even a little bit of exercise decreases brain fog.
- Exercise your brain Read, write, solve puzzles, and play a game of cards to strengthen your brain.

Source: Health Shelf



Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711). 注意:如果您說中文,可得到免費語言幫助服務。請致電 1-877-605-3229 (壁啞人專用: 711) Health plans in Oregon and Alaska provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Oregon Dental Service, dba Delta Dental Plan of Oregon. Dental plans in Alaska provided by Delta Dental of Alaska. 48967185 (2/19) Flyer