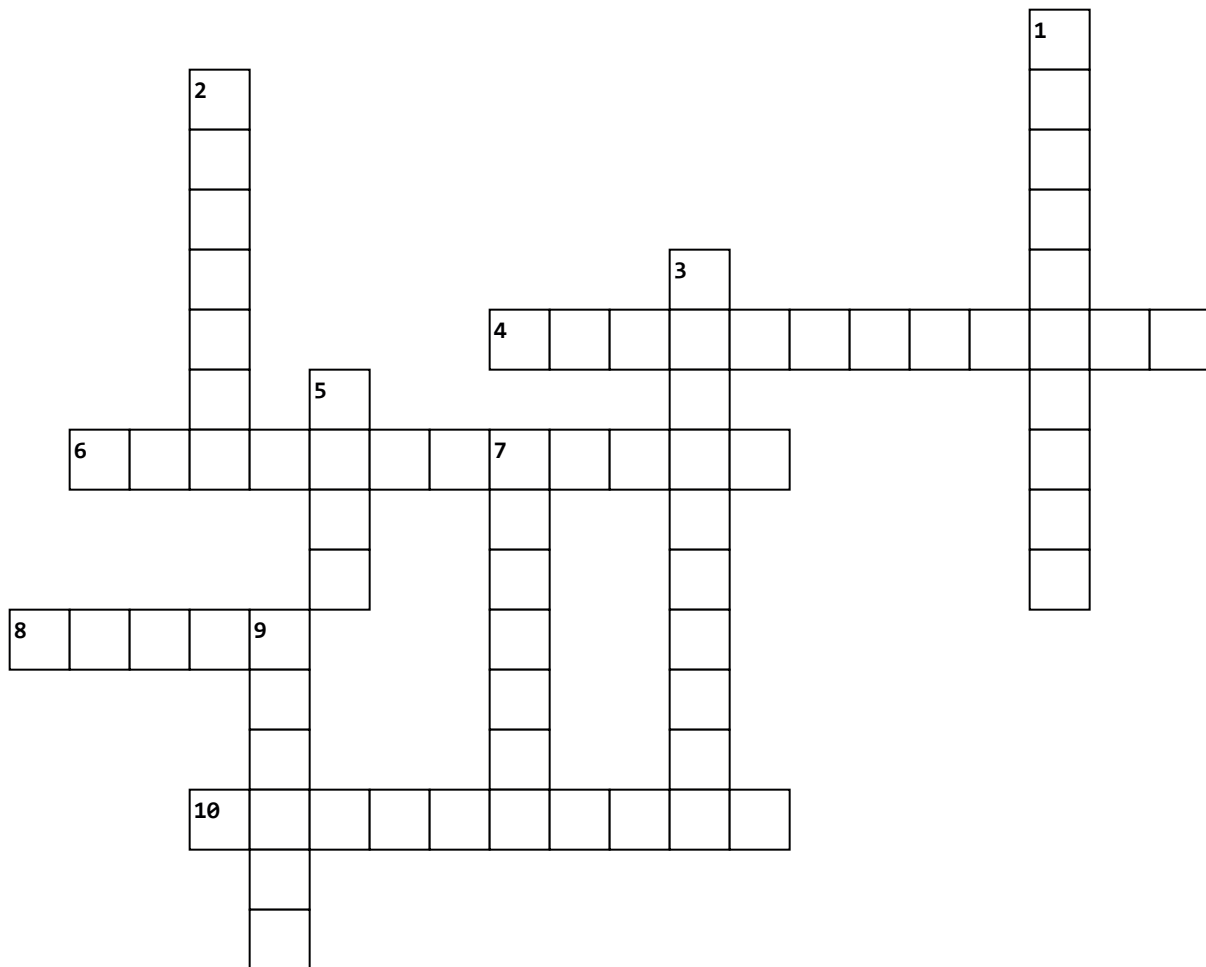


Good Brain Health Crossword

For PEBB Members



Across

4. Poor brain health can lead to problems like _____.
6. Talk to a _____ for personalized help on how to support your brain health.
8. Keeping your brain active improves _____.
10. Keeping your brain active prevents _____.

Down

1. Good brain health helps you solve problems, _____, and stay independent.
2. _____ Resource Center, Your online suite of resources to help you navigate your Providence Health Plan benefits and resources. (Hint: mentioned in previous email communications)
3. Engaging in puzzles, _____, and similar activities are a simple way to keep your brain active.
5. Eat healthy food like berries, nuts, and _____.
7. Low energy and motivation leads to _____.
9. Managing _____ protects your brain.

To check your answers, visit ProvidenceHealthPlan.com/BrainHealthCrossword.