



Digital Tools for Brain Health

Brain Health Basics

- Work with a healthcare professional to ensure your vitals fall in a healthy range.
- Track your vitals at home with wearables and other devices.
- Use the [McCance Brain Care Score](#) to see how you can modify your routine to improve brain health.
- Do what you love to help your brain stay engaged.
- Ask an AI chatbot to suggest new activities to explore.



Free Resources

- [AARP Brain Health Resources](#)
- AARP Staying Sharp App (free for AARP members)
- [Brain and Life Magazine](#)
- [GSA Momentum Discussions Podcast](#)



At-Home Devices to Track Your Vitals

- Blood Pressure / Cholesterol Monitors
- Glucometers: Blood Glucose Meters, Continuous Glucose Monitors
- Wearables (Smartwatches, rings, etc.)

Resources for Staying Engaged with Your Interests

Games

- [AARP Games](#) (free for members)
- [Arkadium Games](#)
- [NY Times Games](#)
- [Senior Planet Quizzes & Games](#)

Learning Sites

- [Coursera](#)
- [EdX](#)
- [mooc.org](#)
- [TedTalks](#)
- [The Moth](#)

Interest Groups

- Facebook Groups
- Reddit
- Eventbrite
- Meetup

