

BLUE OCEAN BRAIN (aka BOB)

Give It a Try / We Think You Will Enjoy It
Always Good Fun, Mind-Stretching, and Quite Insightful

Dear Innovation Forum Attendee:

MI2 is pleased to present everyone attending the MI2 Innovation Forum with a 90-day subscription to Blue Ocean Brain (aka BOB).

Blue Ocean Brain is an online web application and mobile app (ios & android apps available) designed to spark the mind.

Several hundred MedStar associates have already been using it to great enjoyment and satisfaction.

BOB is accessible via any internet browser or phone and features a daily aliquot of 3-4 mind exercises, puzzles, and games plus some (very short) articles and facts about health, wellness, and productivity that fall under several main categories including Brain Health, Critical Thinking, Creativity, and Leadership.

The content is refreshed (new) every day and is designed to be able to be completed in less than 10 minutes (approximately the time it takes to grab a cup of coffee). You can log in as often as you wish.

Look for an email from Blue Ocean Brain in the next couple of days that will contain instructions on how to access your account. Please be sure to check your quarantined messages or spam folder if you do not see the email.

This is all part of MI2's service to all MedStar associates, and just one of many pieces of the vibrant innovation ecosystem that is being built.

BOB's always good fun, often mind-stretching, and quite insightful.

We think you will enjoy it. Give it a try.

Yours in innovation,

Your MI2 Team

Welcome to BlueOceanBrain®

Blue Ocean Brain is a digital microlearning tool designed to provide you a daily dose of learning and professional development. Think of it as brain food, served up in bite-sized format.

You'll discover:



Daily learning challenges



Quick-read articles that spark brighter thinking



Interactive mental exercises



Grounded in neuroscience, Blue Ocean Brain delivers content in the way you learn best. *In just 10 minutes a day from your desktop or mobile device*, you can experience thought-provoking, brain-boosting material that will help you think brighter and better. Log in each day to discover fresh content that is tailored to help you grow and succeed in your organization.

Turning Knowledge into Action

Neuroplasticity, our brain's ability to change throughout life, is perhaps the single most important concept in terms of learning and the brain. Learning is not just improving external behavior, but changing the very wiring of the brain.

What you'll find:

- Leading-edge business concepts and strategies such as emotional intelligence, advanced communications, mindfulness, and much more.
- Library of 4500+ articles with easy navigation to material of interest to you and your colleagues.
- Fun brain exercises designed to challenge both left- and right-brain thinkers and give you a quick mental boost in your day.

You will receive your login credentials via email from the Blue Ocean Brain team.

www.blueoceanbrain.com