

## Benefit Guideline: Standalone Memory Fitness Program

**Service: CogniFit®**

**Effective: 1/1/2021-12/31/2022**

**Products:**

Medica DUAL Solution® - Minnesota Senior Health Options (MSHO)

**Benefits Defined**

Access to CogniFit® web-based brain training program provided by CogniFit®

**Covered Services**

Up to 12 months of access to the CogniFit® web-based brain training program per plan year. CogniFit® tools assess and train the brain with scientifically validated cognitive tests and training programs. Members are able to measure their cognitive ability and train cognitive skills.

**Process**

- Provider must be CogniFit®
- Members register online at [www.medica.com/brain](http://www.medica.com/brain)
  - Care Coordinators provide assistance to members with this process as needed
- Members register using their Medica Member ID and Date of birth
  - Members are asked to create a username and password at the time of registration
  - Login should be recorded for future reference by the member
- Members access CogniFit® on a computer or mobile app (Apple App Store or Google Play)

**Considerations:**

- If a member has technical difficulties the CogniFit® website has technical support

This Medica Benefit Guideline for Care Coordination products is intended to guide service plan development. This reflects current interpretation of the product benefit set and/or parameters for obtaining services. Medica staff should be consulted for further guidance or to vary from these recommendations.

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