

Retain Your Brain

How to age-proof your
most valuable asset

*Developed in collaboration with Dr. Marc Milstein,
Neuroscience Researcher*



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Our benchmark is the investor.*

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We have strong evidence that simple lifestyle interventions can dramatically improve brain health and lower the risk of disease today, tomorrow, and in years to come.

– Dr. Marc Milstein

Agenda

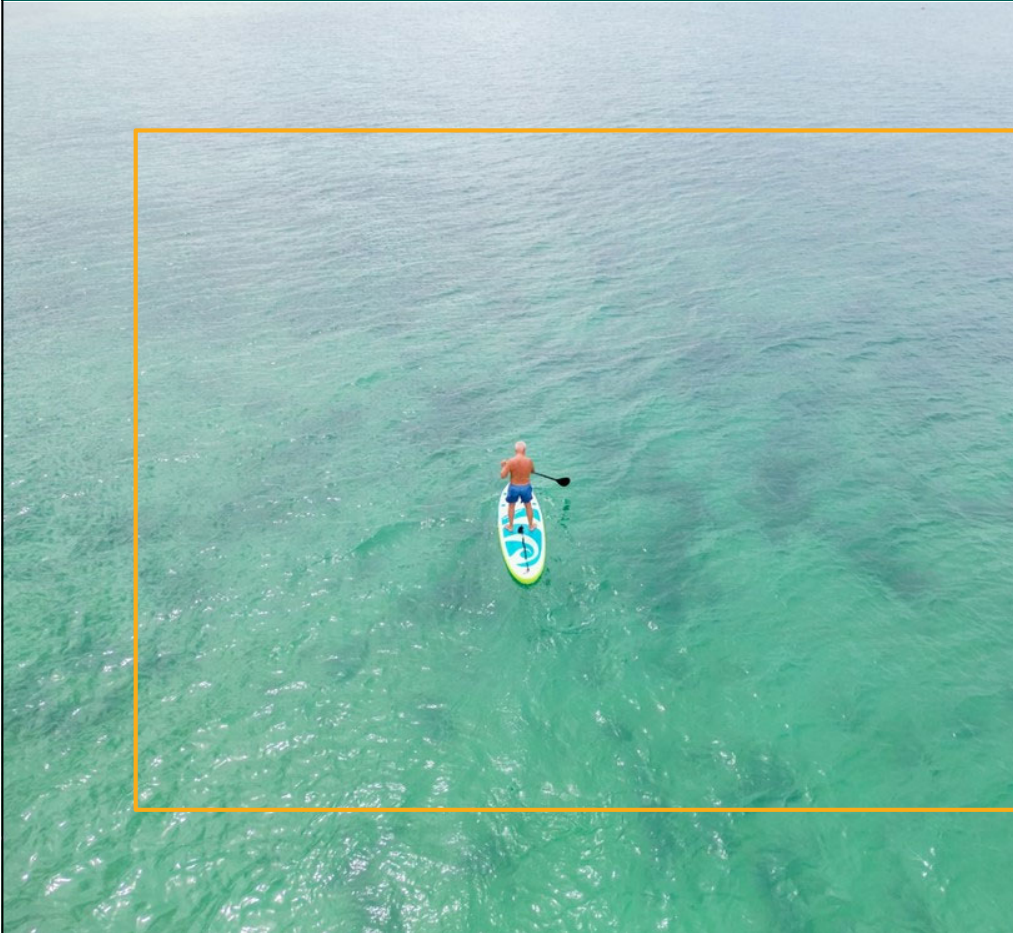
- Your Age vs. Your Brain's Age
- The Importance of Brain Health
- How to Age-Proof Your Brain

Your Age vs. Your Brain's Age





Your Brain May
Not be the Same
Age as You.



Super-Agers Have
Younger Brains

Get a Sense of Your Brain's Age

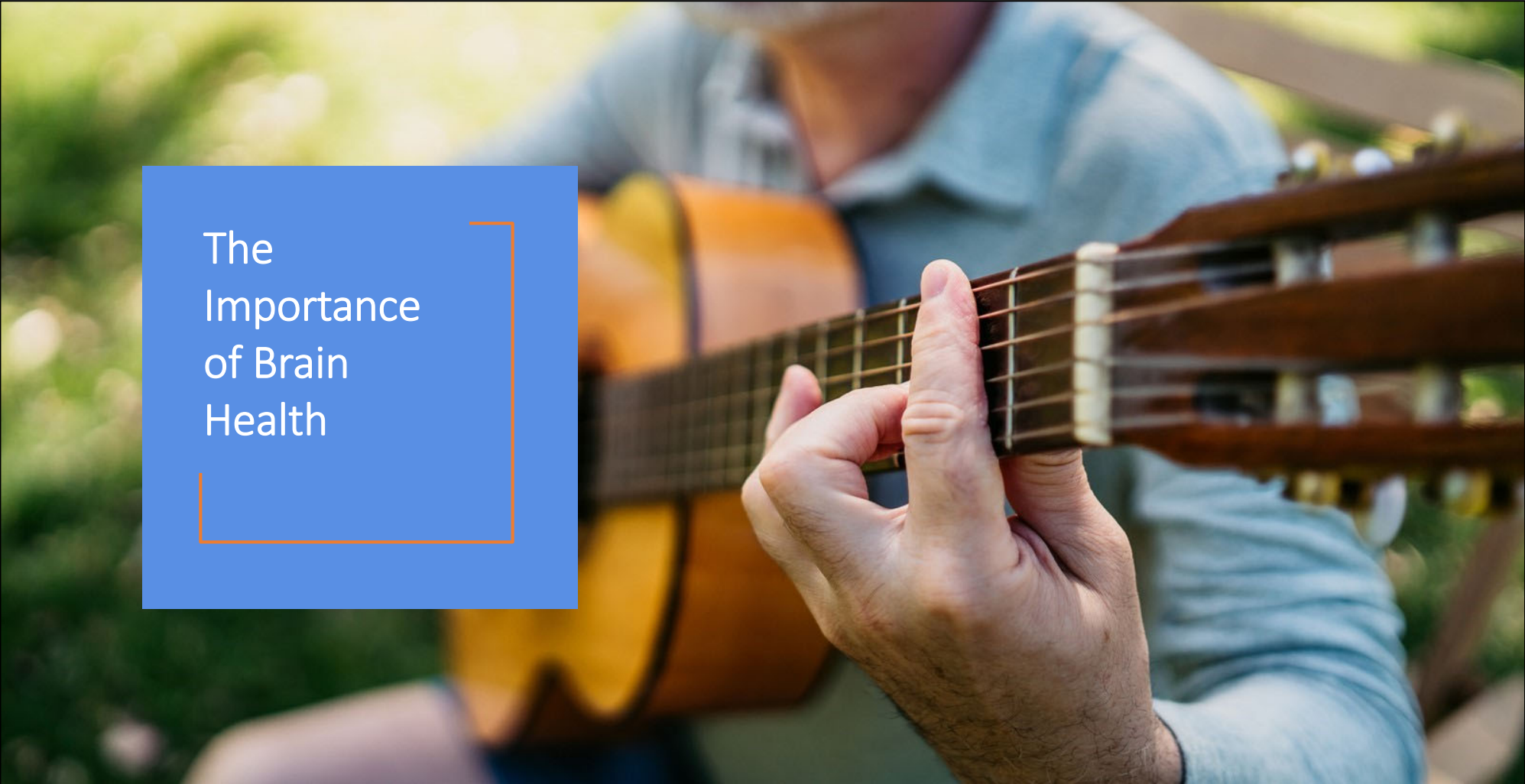
1. How well can I manage my day?
2. How well can I remember important information?
3. How well can I move and maintain balance?
4. How fast can I walk?
5. How old do I feel?

“

Oh, that's part of normal aging. There's nothing I can do.

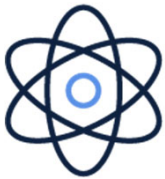
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I have relatives with dementia; it's in my genes.



The Importance of Brain Health

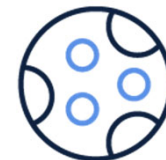
Brain Trash



A byproduct of the
work your cells do

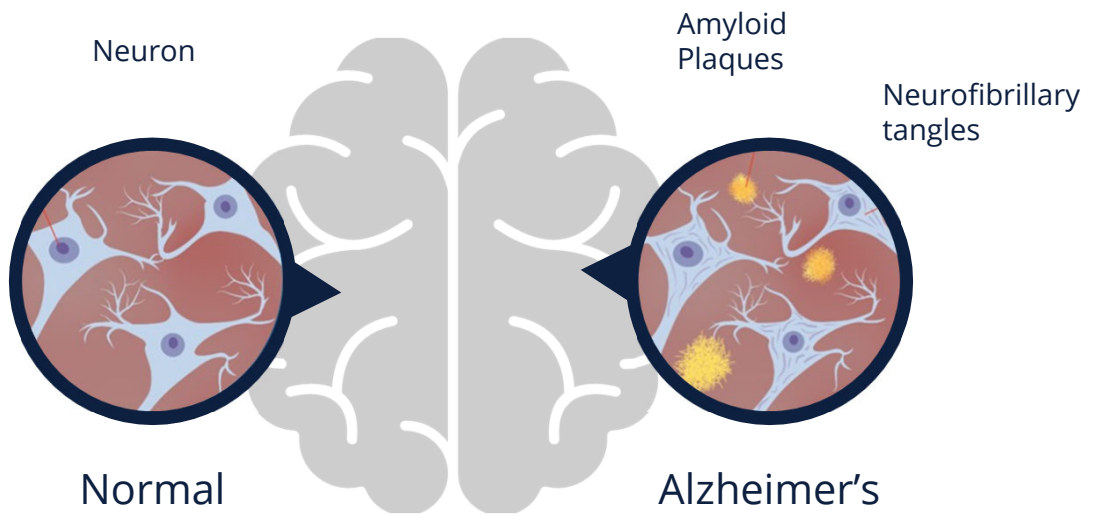


A 3lb. brain makes
5lb. of trash per year



The more built-up
trash, the “older”
the brain

When Brain Trash Builds: Plaques and Tangles



The Cost of Dementia and Alzheimer's

- Medication
- Caregiving
- Housing needs

Alzheimer's patients
survive an average of

4 to 8 Years

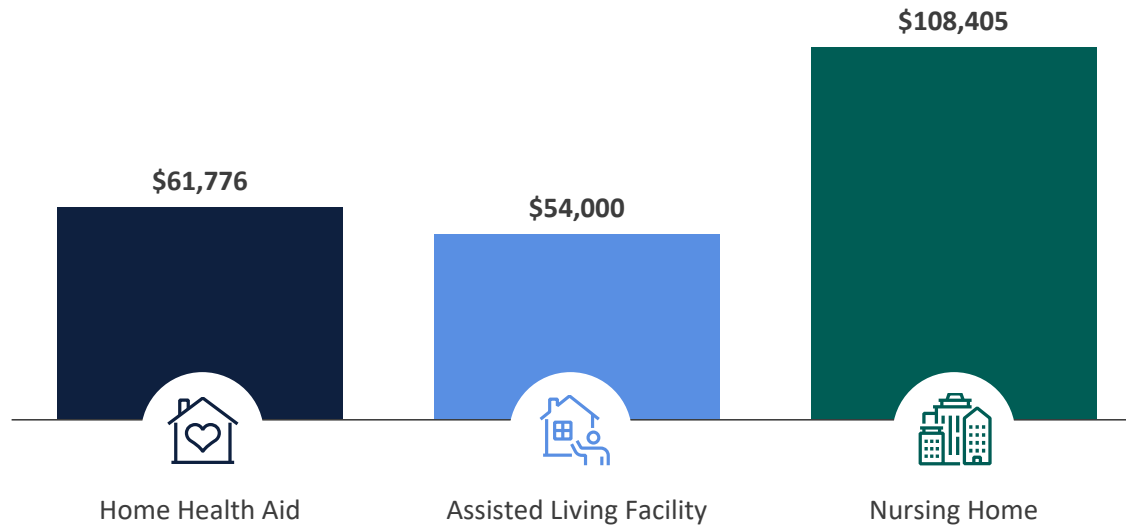
Yet some live as long as

20 Years

Source: Alzheimer's Disease and Dementia Life Expectancy,
VeryWellHealth, 1/6/23

The Progression of Care Costs

Annual National Average Cost



Source: Cost of Care Survey, Genworth, 2022

For memory care, add

**\$12K to
\$48K**

to any of these prices

Source: What Is Memory Care? Costs, Benefits And More, Forbes, 2/20/23



Medicare *doesn't* pay for long-term nursing home stays

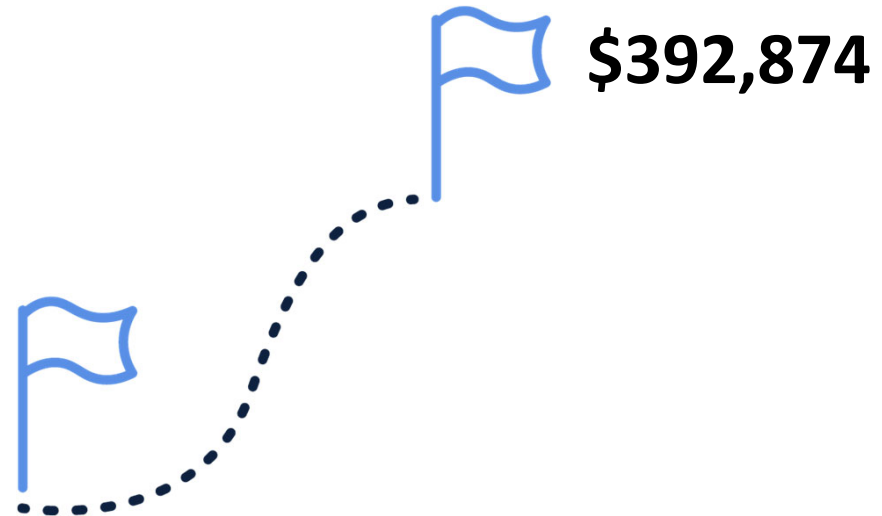


Medicaid *may* pay for long-term nursing home stays (income and asset limits)



Estimated Lifetime Cost of Dementia Care

- Medical expenses
- Caregiving
- Home modifications
- Lost income
- Legal fees
- Hospice and end-of-life care

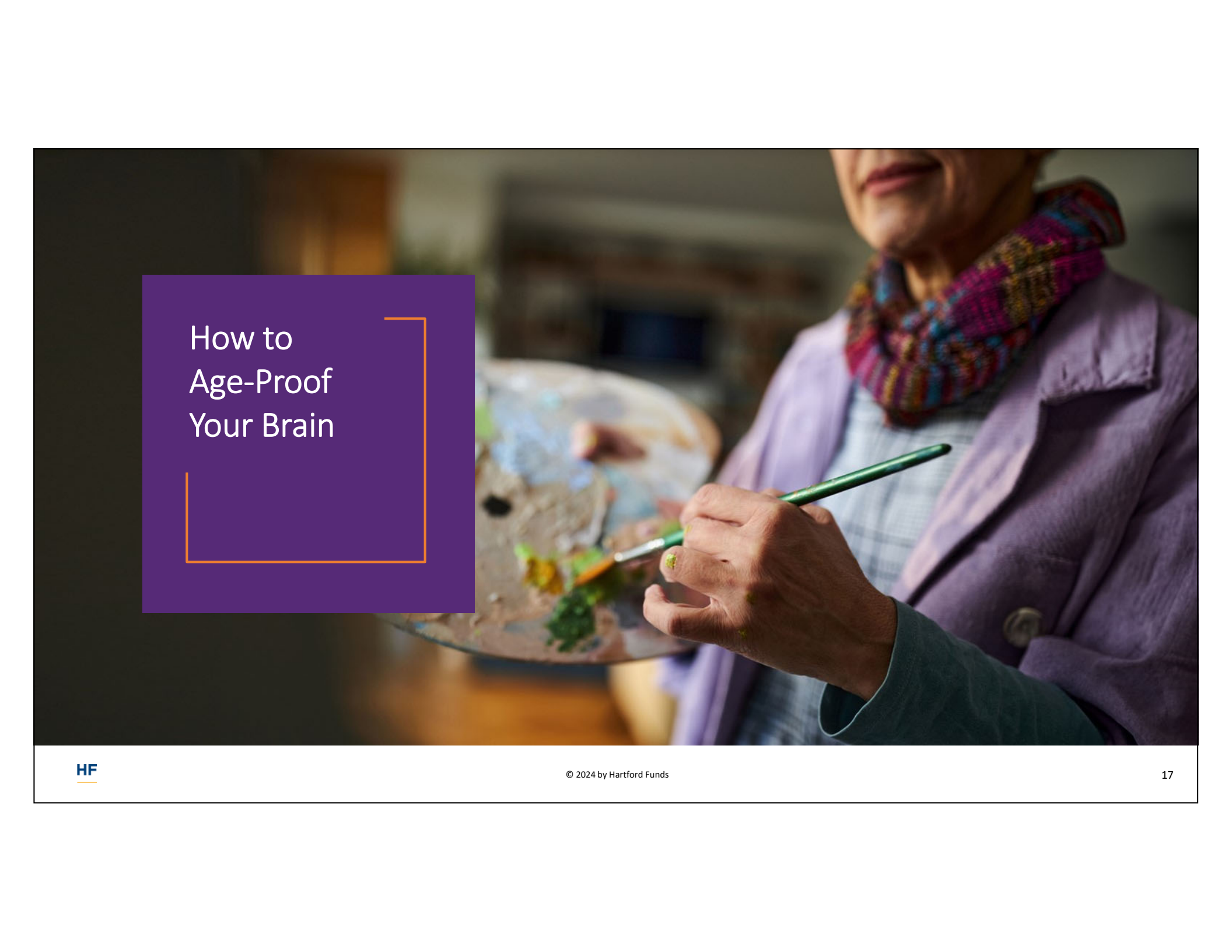


Source: 2023 Alzheimer's Disease Facts and Figures Report: At a Glance Statistics, Alzheimer's Association, 2023



Brain Health and Your Lifestyle

- Traveling
- Volunteering
- Hobbies
- Working
- Socializing

A close-up photograph of a person's hands and torso. They are wearing a purple jacket over a blue and white plaid shirt and a colorful, multi-colored striped scarf. They are holding a paint palette in their left hand and a green paintbrush in their right hand, applying paint to a surface. The background is blurred, showing an indoor setting with warm lighting.

How to Age-Proof Your Brain

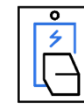


Sleep: Your Greatest Ally in the Fight to Retain Your Brain

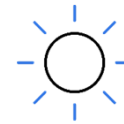
- 90 min. repeating cycles
- 7-9 hrs./night
- Physical changes to the brain



HOW TO AGE-PROOF YOUR BRAIN



Sleep in True
Darkness



Get Some Natural
Light Early



Chill Out for
Better Sleep



You Are What You Eat (And So Is Your Brain)

- The gut-brain connection
- Can affect mood, sleep, and brain health
- Certain foods can lower the risk of dementia



HOW TO AGE-PROOF YOUR BRAIN



Fish: Cold water fish: Salmon, herring, mackerel, cod, trout, tuna



Extra Virgin Olive Oil



Nuts: Walnuts, pine nuts, pistachios, and almonds



Beans: Red kidney beans and pinto beans



Fruits and Vegetables: Leafy greens like kale, spinach, brussels sprouts. Colorful produce like eggplant, bell peppers, tomatoes, blueberries, strawberries, and blackberries



The Stress Surprise

- Some stress is good
- Boost happiness to manage stress
- Find the right amount



HOW TO AGE-PROOF YOUR BRAIN

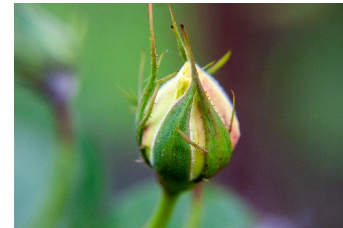
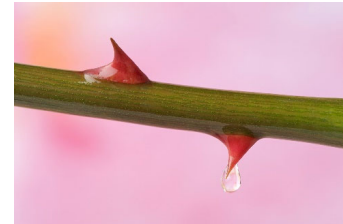
Breathing
Exercise



Change
Your
Perspective



Rose, Thorn, Bud





Get Moving

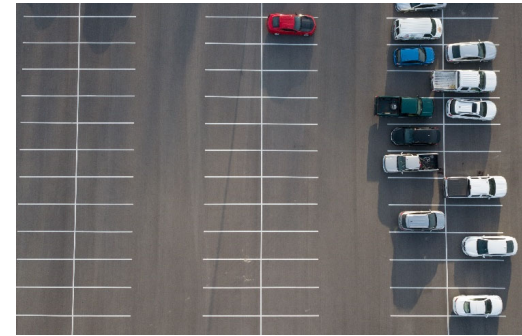
- Improves memory and lowers risk of dementia
- Small changes can make a big impact
- Boosts brain cell communication



Make Exercise a Habit With CARS



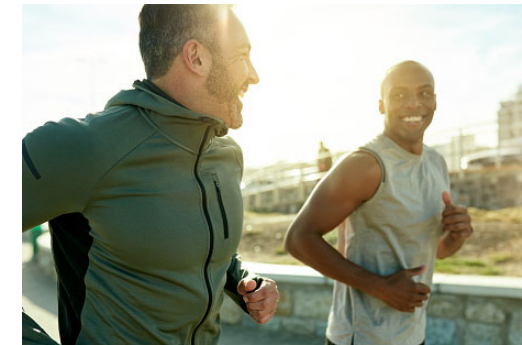
Cue: Setup visual reminders



Action: e.g., Park farther away



Reward: Do something you enjoy



Support: Find a workout buddy



Cross Training Your Brain

- Norepinephrine takes out the trash
- Myelination speeds up processing
- Embrace that feeling of frustration





Learn Something New

Mix it up



Try different physical activities



Learn a new song to sing or play



Try your hand at a new language



Read a book on a subject you're not familiar with



Socialize with friends and meet new people

What about Supplements?



Summary

- **Your Age vs. your Brain's Age**
Your Brain May Not Be the Same Age as You
- **The Importance of Brain Health**
How it can impact your finances and lifestyle
- **How to Age-Proof Your Brain**
Jump-start brain healthy habits

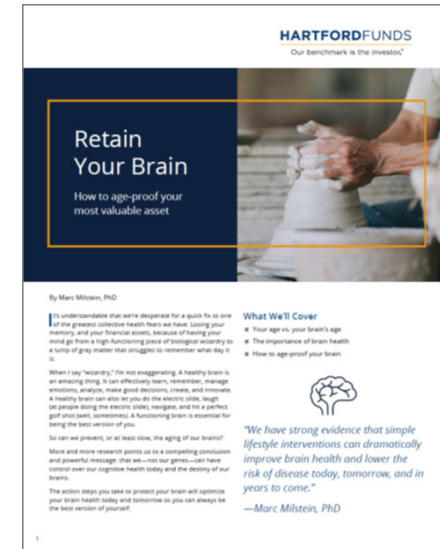
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A sharp mind into older age isn't
just a bit of luck—it's within reach
for most of us.

Dr. Marc Milstein

Next Steps

1. Get a copy of our workbook
2. Within a week, choose an area and start using tips: Sleep, diet, stress, exercise, or learning
3. Talk to your financial professional about any financial issues related to brain health



Workbook MAI384

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