

## **Benefit Guideline: Standalone Memory Fitness Program**

**Service: CogniFit®**

**Effective: 1/1/2021-12/31/2024**

**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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