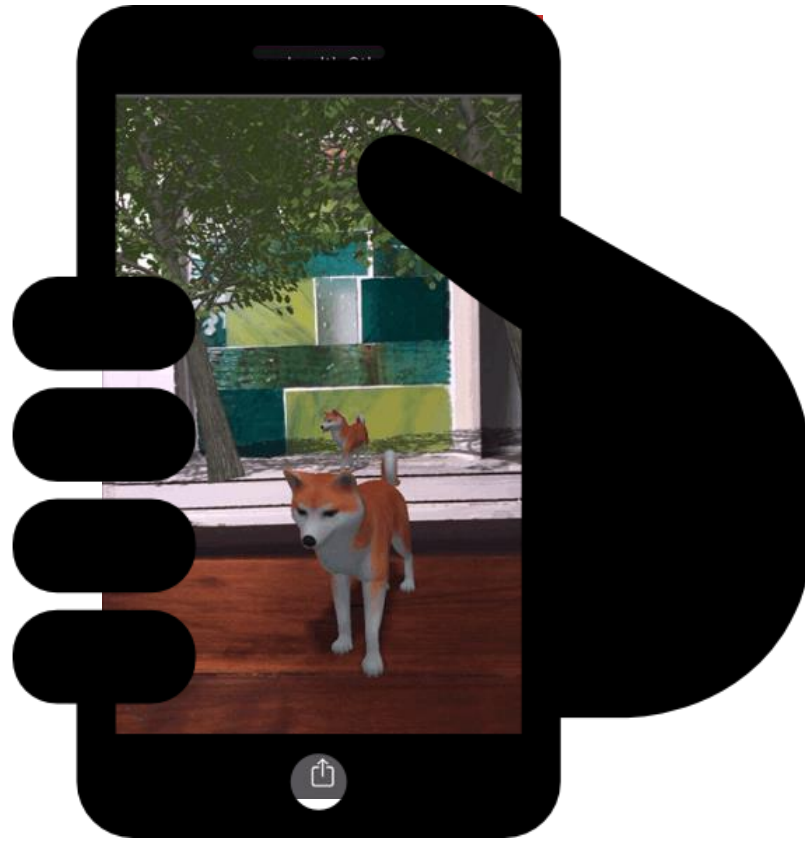




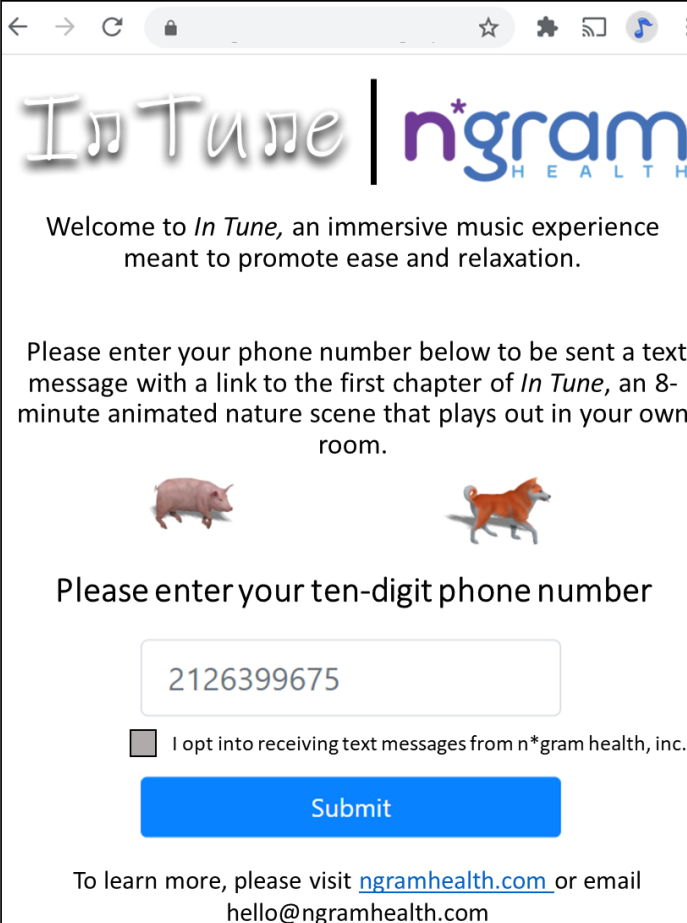
n*gram
H E A L T H

*Digital therapies to improve
quality of life for older
adults and caregivers*

Phone or Tablet-Based Experiences





Delivered Via Live Zoom Workshops or Texted Directly to your Phone



In Tune | n*gram
H E A L T H

Welcome to *In Tune*, an immersive music experience meant to promote ease and relaxation.

Please enter your phone number below to be sent a text message with a link to the first chapter of *In Tune*, an 8-minute animated nature scene that plays out in your own room.

Please enter your ten-digit phone number

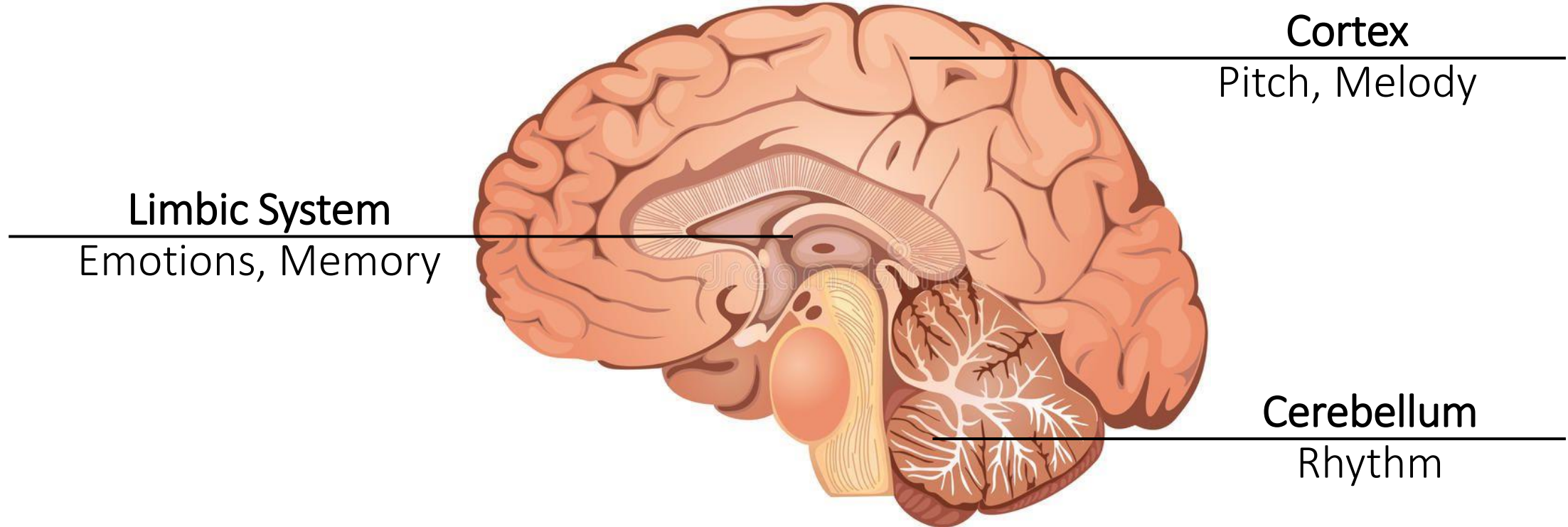
I opt into receiving text messages from n*gram health, inc.

[Submit](#)

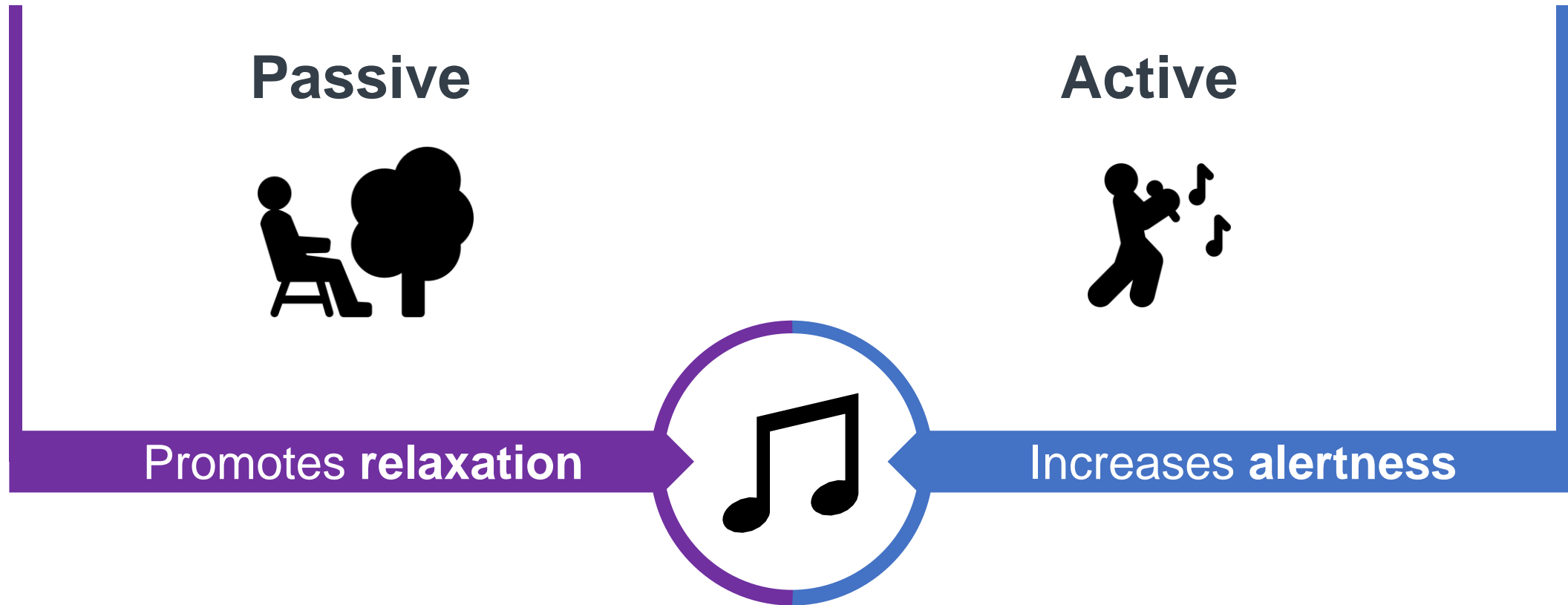
To learn more, please visit ngramhealth.com or email hello@ngramhealth.com



Music Provides a “Full Brain” Workout

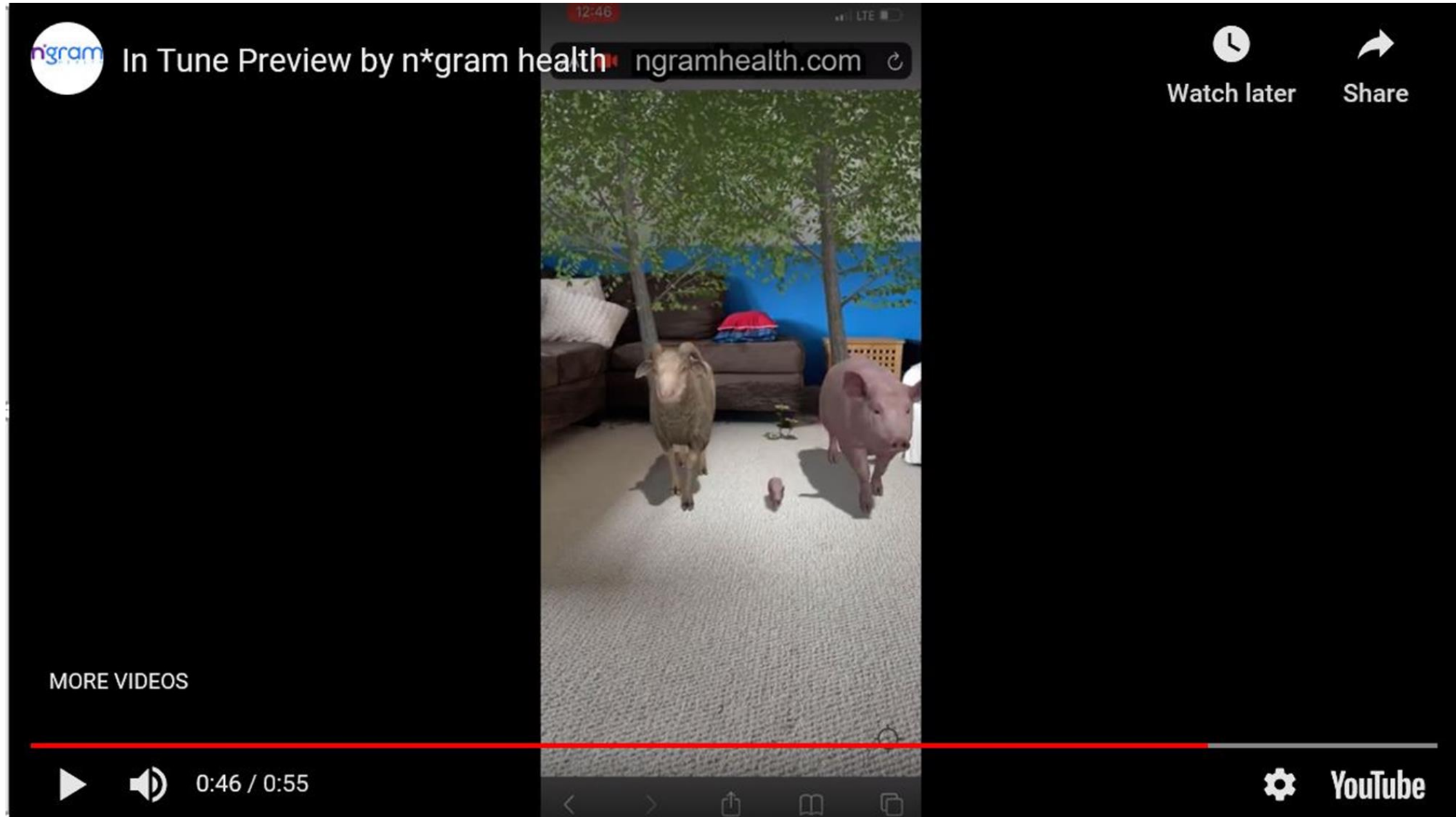


Two Types of Music Therapy



Music-based interventions tailored based on
desired effect on participants' mood

Preview Video: <https://bit.ly/intunepreview>



The image shows a YouTube video player interface. At the top left, there is a circular logo with the text "n*gram" and the video title "In Tune Preview by n*gram health" followed by the URL "ngramhealth.com". In the top right corner, there are icons for "Watch later" and "Share". The main video area displays a 3D animated scene of a living room with a blue wall, a brown sofa, and two trees. A sheep, a pig, and a piglet are walking on a light-colored carpet. At the bottom left, there is a "MORE VIDEOS" link. The video progress bar shows a red line at 0:46 / 0:55. At the bottom right, there is a gear icon and the YouTube logo. The bottom of the screen shows a mobile navigation bar with icons for back, forward, share, and other functions.

Case Study:



- Regular **Live Zoom events** facilitated in **English and Spanish**
- Attended by groups of **caregivers** and **older adults**
- Participants report:
 - ✓ Improved **mood** ✓ Reduced **anxiety**
 - ✓ Increased **alertness** ✓ Desire to see **more frequently**

Featured At:



Contact:

ngramhealth.com

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