BRAND POSITIONING

We are an innovative research and therapy program that provides quality of life improvements for people with dementia and cognitive decline.

BRAND PROMISE

**Better together**

Together Senior Health is committed to serving people with dementia and cognitive decline. We develop leading research and put it into action to create better health outcomes for everyone.

BRAND MISSION

To advance research and create effective solutions for people with cognitive health needs.

BRAND VISION

Empower people with dementia and cognitive decline to maintain their independence at home.

ABOUT US - LONG VERSION

At Together Senior Health, our innovative platform elevates cognitive health through movement, mindfulness, and community. Working alongside our partners at University of California, San Francisco, we developed an engaging, evidence-based program to slow cognitive decline without a prescription.

Our Moving Together™ online group classes feature specialized content tailored to participants’ cognitive and physical needs—focusing on mindful body awareness, social connection, and muscle memory.

Led by compassionate instructors and filled with warm, supportive individuals who uplift each other at every step, our classes help participants stay independent in their homes longer, while reducing healthcare costs.

Movement is in our DNA. That’s why we never stop moving cognitive health forward with new ways to improve quality of life for people with Alzheimer’s or dementia, and the people who support them. And we’re doing it all, Together.

ABOUT US - SHORT VERSION

Together Senior Health is moving cognitive health forward through evidence-based group movement classes, empowering people with cognitive decline to stay independent.

ABOUT US (ACCESSIBLE)

Together Senior Health is an evidence-based, online platform created for people experiencing cognitive decline.

Developed alongside partners at University of California, San Francisco, the therapeutic program offers proven success in slowing the rate of cognitive decline–which helps reduce total cost of medical care and delivers additional value to plans.

With seamless integration into Medicare Advantage plans, Together gives members access to a first-of-its-kind effective solution for individuals with cognitive health needs–without a prescription.

ABOUT US (B2C)

At Together Senior Health, we keep you physically, socially, and mentally active so you can keep living life your way.

As leading researchers in the cognitive health field, we’ve discovered that practicing muscle memory, making social connections, and incorporating mindful body awareness can slow cognitive decline. Our easy-to-use platform hosts engaging, online group movement classes to get your body moving and your brain flowing, all from the comfort of your home.

Every day, we’re making it easier for people with Alzheimer’s or dementia, and those who support them, to stay connected and stay independent. That’s why we make setting up and accessing our classes easier for you, or your caregiver. Join in from your desktop, computer laptop, or tablet in a casual, low-pressure environment. Our compassionate instructors will welcome you into our supportive community and help you take control of your health.

Join us, and we’ll keep moving cognitive health forward, Together.

ABOUT US (B2B)

Together Senior Health is an evidence-based, researched-backed online movement platform created for people experiencing cognitive decline.

Developed alongside partners at University of California, San Francisco, the therapeutic program offers proven success in slowing the rate of cognitive decline–which helps reduce total cost of medical care and delivers additional value to plans.

With seamless integration into Medicare Advantage plans, Together gives your members access to a first-of-its-kind effective solution for individuals with cognitive health needs–without a prescription.

HEADLINES

We’re in it, Together.

Join the new movement in cognitive health.

Cognitive health that moves you.

Moving cognitive health forward.

When you keep moving, your life does too.

Stay active. Stay social. Stay Together.

Stay independent. Stay confident. Stay Together.

A digital cognitive health platform where independence comes from being Together.

Brain health with heart.

Cognitive health is better Together.

Working together to remain independent.

Say hello to the most caring instructors in cognitive health.

Meet the team of movement instructors moving cognitive health forward.

Where movement, mindfulness and community come Together.

Get Together, and get moving.