



Check, Check, Check ✓



We're surprised when leaders in the human services industry

don't apply a strategic mindset to food...instead often leaving this costly and impactful area up for grabs as same-old/same-old—treating nutrition, preventive health, mealtime, & grocery shopping as they were dealt with decades ago, including leaving decision-making to members of their team who often have very scant tenure, time, knowledge, & skills.

It's 2022.

Add on the fact that staffing shortages and rising food expenses are here to stay. So rather than “trying to get through it” and “temporarily” excusing away nutrition/preventive health; person-centered choice; and foolproofed, budget-sensitive mealtime and grocery shopping for busy, inexperienced staff...we suggest a strategic approach with staying power that checks off *all* the boxes, 2022-style. Which is what My25 does—really well...throughout 36 states.



Outcomes-driven organizations—dedicated to human services and value-based initiatives—subscribe to My25 for use by the elderly, individuals in recovery, and people with IDD, TBI, SPMI, behavioral needs, and physical challenges in waiver, ICF, supported/independent living, and foster and home-based settings.

Food is the primary driver behind both clinical health and social health (SDoH), but we figured out that it isn't just what people supported eat that leads to meaningful change. This realization, and what we did with the discovery, is behind our longstanding successes, simultaneously and sustainably benefitting the individual *and* associated stakeholders & funders.

My25 Outcomes

substantially improved clinical health & social health (SDoH)
•
elevated person-centered choice
•
streamlined/foolproofed mealtime & grocery shopping for busy, inexperienced staff
•
materially reduced labor, grocery, PRN, acute care, & prescription medication expense
•
diminished risk and compliance (licensor-citation) exposure/costs
•
enhanced independent living skills development
•
technology maximization

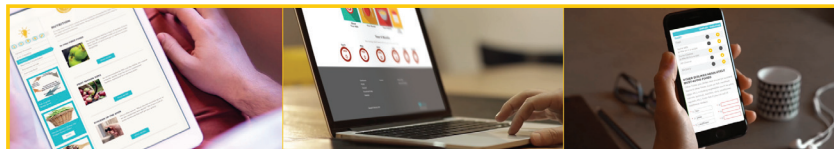
My25's 4-Step, Personalized Approach & Deliverables

(holistic...via technology & high engagement, at net-zero cost)



- 1 healthy, budget-sensitive, continually-refreshed menu suggestions reflective of individual and household preferences and dietary needs
- 2 via **one click**, auto population of the household's online Walmart grocery cart with associated ingredients—in the correct amounts—for curbside pick-up or delivery to ensure purchases stay in healthy and budget-sensitive lanes
- 3 associated, automatically-scaled ingredients and recipe prep steps—with cooking-action videos, set to music...and additional help regarding leftovers geared to household size and profile
- 4 nutrition measurement actively engaging visually (red to yellow to green) during menu planning and then available on-demand as a trended metric for motivational and care coordination purposes, with follow-on access to educational resources in multi-media format and 81 languages

My25 has several products and hands-on support options to choose from at affordable, monthly subscription prices to suit various budgets and the unique needs of the people you care about.



Mainstay's My25 team is comprised of respected and experienced human services, nutrition, disease management, preventive health, culinary, business, and technology professionals. Our foundational guidelines were established in partnership with the USDA and via collaboration with professionals from Northwestern University's Feinberg School of Medicine.

We absolutely love disrupting the unhealthy, costly status quo.

My25 helps you check off all the important boxes. After all, it's 2022.

Ask us about the first-ever Healthy Eating Score (HES) metric & tracker we created for LTSS settings. Watch our brief overview video, [click](#).



Read what DSPs, house managers, nurses, & provider leadership say about their My25 experiences & outcomes, [click](#). (use "my25" as the password)