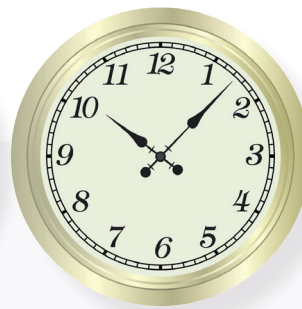


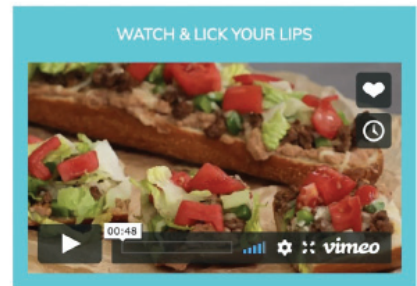
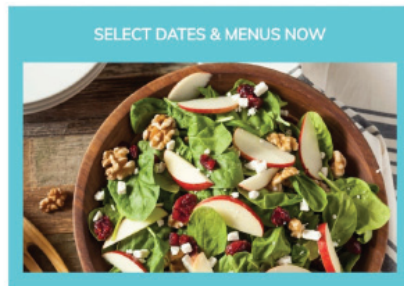
Time Savings Turbocharged



Time savings have never been as important as they are today in LTSS settings serving the elderly, people in recovery, and individuals with IDD, TBI, SPMI, behavioral needs, and physical challenges. While My25 has always centered its innovation on streamlining for staff, we've turbocharged our efforts along these lines.

Using proprietary technology, unique support, tailored resources and robust partnerships, My25 singularly stands out as the trailblazer creating measurable impact for human services entities intent on value-based, operational and financial improvement while simultaneously maximizing critical outcomes for people with specialized needs.

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 Brief Background



Mainstay is the name of our company and My25 represents our family of digital products for population groups with specialized needs...it's *all* we do. Because there's mutual, material benefit, human services organizations, MCOs, ACOs, and government agencies subscribe to My25 for use by the elderly, people in recovery, and individuals with IDD, TBI, SPMI, behavioral needs, and physical challenges in wavier, ICF, supported living, and foster and home-based settings.

We focus on food—but not just mealtime—as the primary driver behind health, quality of life, operational, financial, compliance, and value-based maximization. We also center My25 resources on simultaneously benefitting the subscriber *and* the individual and their whole household.



Our foundational guidelines and technology backbone were established in partnership with the United States Department of Agriculture (USDA) and via collaboration with professionals from the Feinberg School of Medicine. The My25 team is comprised of human services, nutrition, preventive health, disease management, culinary, technology, and business professionals.

For the past several years, we've facilitated substantial, sustainable outcomes for My25 subscribers in thousands of LTSS settings throughout 36 states regarding both clinical and social (SDoH) health...including measurable improvements to BMIs, A1c levels, acute care events, prescription medication usage/dosage, physical activity, community/social involvement, and overall enjoyment of life. Simultaneously, we foolproof/streamline menu planning, grocery shopping and meal prep while reducing food costs and medical care expense. Our first subscriber from 7 years ago, is still a subscriber today.

Based on our experiences and the various strategic partnerships we've forged—such as with Walmart—we continue enhancing My25 resources to optimize for people with specialized needs where menu planning, meal prep, and grocery shopping are part of their household routine individually or with housemates, caregivers, guardians, family and/or staff.

As a holistic and tailored approach strategically leveraging technology, My25 typically demonstrates far better outcomes and long-lasting engagement—regarding people with specialized needs—than traditional methods of diet management and mainstream “solutions” hyper-focused on points, carbs, protein, calories, or plant-based.