



# YOUR VALUE-BASED TOOLKIT: THE MUST-HAVE COMPONENT



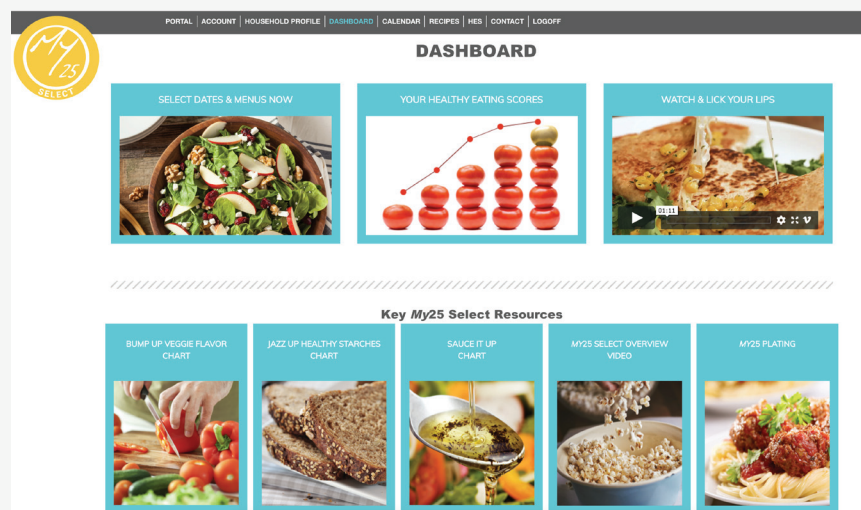
Central to the growing popularity and adoption of the value-based model within human services are expectations regarding simultaneous quality enhancement and expense reduction. No other area of focus delivers as much upside on both counts, and well beyond, as do clinical health and social determinants of health improvement outcomes for people with IDD, TBI, SPMI, and behavioral challenges in LTSS settings. The way to surmount this challenge is finally doable.

## TODAY'S LANDSCAPE

Approximately 70% of people supported in LTSS settings *unnecessarily* have a BMI outside the normal range and struggle with associated costly, chronic conditions such as diabetes and hypertension...largely as a result of eating the wrong foods in the wrong amounts. Health care experts now recognize this fact, certifying that subpar clinical health can no longer be ascribed to the disability or pharmacological complications in a majority of cases. As a result of poor nutrition, acute care and medication expense are *unnecessarily* high and escalating rapidly. It's clear that status quo "solutions" regarding nutrition habit change—whether traditional approaches; risk assessment follow-on recommendations; or a focus on points, carbs, protein, or plant based—aren't sustainable and haven't been effective on a broad enough basis.

## THE FIRST DOMINO

Like dominoes falling in favorable progression...when you eat well and are therefore clinically healthy and feel well each day, you're more likely to hold down a meaningful job; engage in fruitful endeavors with friends, family and the community; and pursue physical activity. Nutrition IS the key driver behind clinical health and the primary social determinant of health...and the crux of any value-based toolkit within human services. Nutrition IS the first domino.



## MY25 SELECT

Our newest innovation, My25 Select, joins Mainstay's family of web-based/mobile-optimized resources that have been facilitating clinical health and social determinants of health improvement outcomes in thousands of LTSS settings for the past several years throughout the U.S. We solely focus on: Eating the right foods in the right amounts.

[More...](#)



My25 Select uniquely tackles nutrition holistically and interactively, personalizing and scaling for individual and household dietary needs and preferences...no matter how complicated, such as for: diabetes, hypertension, under and over weight-related conditions, GERD, lactose intolerance, gluten-free needs, allergies, and more. Along the way, My25 Select directly benefits each household by streamlining mealtime routines and the grocery shopping experience while reducing the grocery bill. We keep demonstrating that healthy, tasty food doesn't have to cost more or be more complicated to make.

And as frosting on this high-fiber cake...My25 Select includes the first-ever, automated tally and tracking of a household's Healthy Eating Scores (HES) for planning, motivational, and oversight purposes. A dynamic, on-demand performance metric synergistic with value-based expectations.

#### YOUR HEALTHY EATING SCORES



Mainstay's My25 team is made up of preventive health, nutrition, disease management, culinary, business, and technology professionals. Our foundational guidelines were built in partnership with the United States Department of Agriculture (USDA) and via collaboration with professionals from the Feinberg School of Medicine at Northwestern University. Spearheaded by two MBAs with an impressive track record of successes within the healthcare and human services industries, the My25 team daily commits to being a change agent aligned with our customers' priorities. We're unabashedly outcomes driven and love what we do.

## GET IN TOUCH

You can watch a brief overview of our company and outcomes within human services at: <https://vimeo.com/376827648>. And check out My25 Select in Action here: <https://vimeo.com/380244044>.

Reach out to [hello@my25.com](mailto:hello@my25.com) and we'll arrange a convenient time to connect via screenshare and phone call for further overview and Q&A.



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