

LIGHTNING IN A BOTTLE FOR HUMAN SERVICES



For people with IDD, TBI, SPMI & behavioral challenges in
supported living, home-based, & more independent waiver settings

My25 is powered by Mainstay, Inc.



Introducing *My25 Select*

The long asked-for resource simultaneously bolstering nutrition, person-centered choice, consumer engagement, key expense reductions & independent living skills enhancement.

SELECT DATES & MENUS NOW



YOUR HEALTHY EATING SCORES (HES)



WATCH & LICK YOUR LIPS



Strategic & Technology-Supported Mealtime

My25 Select joins our family of successful, content-based resources utilized for years within thousands of LTSS settings across the U.S.





My25 Select's innovation leverages our experiences and impressive track record by introducing support that is uniquely:

PERSONALIZED

INTERACTIVE

FLEXIBLE

HOLISTIC



2 Facts Fueling Our Growth & Determination



1. The unnecessary, poor clinical health of a majority of people supported is now ascribed to eating the wrong foods in the wrong amounts.
2. Nutrition is the primary social determinant of health for this population.




Every week, each *My25* Select household—for one person up to however many—chooses from among continually-refreshed, budget-sensitive recipes suggested for the individual(s) based on food preferences, dietary needs, and the number of people eating.





The secure profile each household builds, and has ready access to at any time to make changes, is the linchpin behind our ability to so closely personalize. . . including weekly recipe suggestions only representing the household's food likes and always excluding food dislikes.



	Like/Prefer	Dislike/Avoid
Tomato Sauce? (as dominant in a recipe)	<input checked="" type="radio"/>	<input type="radio"/>
Rice? (as a side dish)	<input type="radio"/>	<input checked="" type="radio"/>
Rice? (as part of a multi-ingredient recipe)	<input checked="" type="radio"/>	<input type="radio"/>
Beef?	<input checked="" type="radio"/>	<input type="radio"/>





My25 Select's associated grocery shopping lists and highly visual recipe prep steps are automatically scaled and generated.

Healthier food doesn't have to cost more.





We link *My25 Select* directly to online grocery stores for the utmost in convenient curbside pick-up or delivery.

CHOOSE YOUR STORE

SHOP ONLINE FOR CURBSIDE PICK-UP OR DELIVERY

amazonfresh

instacart

Walmart
Pickup • Grocery

Peapod®

COSTCO
WHOLESALE

heinen's®

MARIANO'S

Kroger

Sam's Club

The All-Important Metric

The first-ever, standardized metric in LTSS settings related to nutrition—the primary driver behind clinical and social determinants of health—is now at your fingertips.






Healthy Eating Scores, based on the USDA's Healthy Eating Index (HEI), are automatically recorded and tracked for each household and readily available for interactive meal planning, oversight, and value-based purposes.

YOUR HEALTHY EATING SCORES (HES)






Because *My25* alone incorporates choice into the mealtime equation, Healthy Eating Scores measure the nutritional quality of meals selected by consumers. . . . A metric increasingly sought out by MCOs, ACOs, states, SNAP officials, and additional invested stakeholders.




Turkey Burgers with a Kick

(59g carbs, 3g fiber, 910mg sodium, 827 calories)



Seasoned Brown Rice

(32g carbs, 1g fiber, 6mg sodium, 178 calories)



Herbed Zucchini

(3g carbs, 1g fiber, 6mg sodium, 37 calories)

Fiber2g

Calories447

Carbs40g

Fat17g


Protein31g

Sodium395mg

Ounces13oz


Click on a recipe to add to your menu for the day.

MAIN



Pesto Pasta with Ground Turkey


(69g carbs, 10g fiber, 350mg sodium, 782 calories)



Italian-Flavored Steak & Carrots


(14g carbs, 5g fiber, 363mg sodium, 454 calories)

STARCH



Orzo & Tomato Salad


(81g carbs, 5g fiber, 4mg sodium, 428 calories)



Mac & Cheese


(42g carbs, 1g fiber, 507mg sodium, 288 calories)

VEGETABLE



Easy Homemade Col

(13g carbs, 4g fiber, 118mg sodium, 104 calories)



Romaine & Tomato S

(3g carbs, 1g fiber, 34mg sodium, 34 calories)



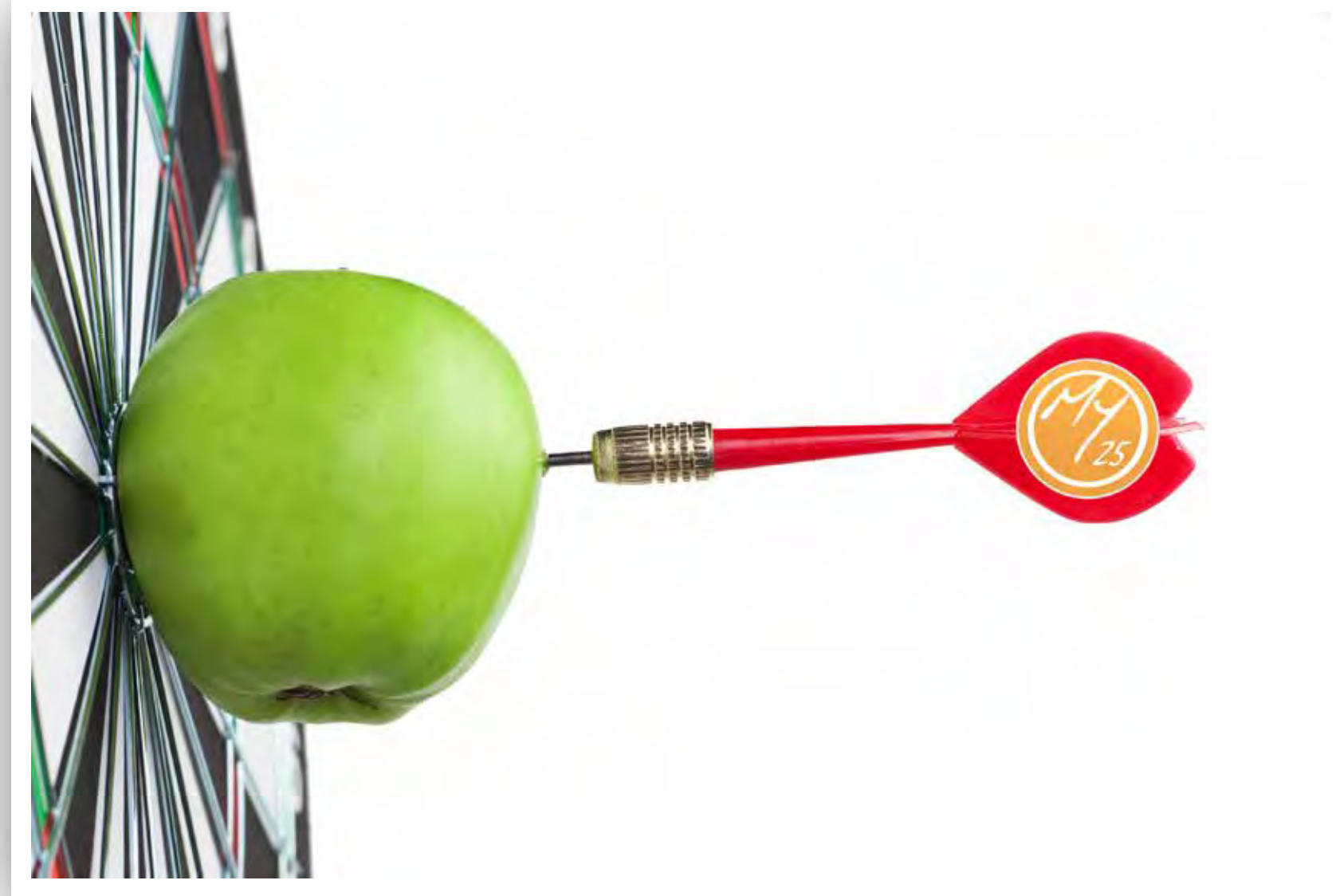
My25 Select subscribes to the Dietary Guidelines for Americans, moderation versus deprivation, rebalancing the plate, and that super nutrient: fiber.





The *My25* team is made up of nutrition, disease management, preventive health, culinary, human services, business and technology professionals.





*"My25's outcomes surpass **every other** mealtime, menu, nutrition, diet-related, and weight watching program, formula, or initiative—whether traditional intervention, risk assessment follow-on recommendations, food vendor resources, or calculating points, protein, carbs, or plant basis."*

ANSWERS TO 3 QUESTIONS WE ALWAYS GET ASKED . . .

1. Yes, we agree . . . human services is morphing into healthcare services and moving toward value-based and single-capitated rate models.
2. Yes, *My25* provides resources to address needs in less-independent waivers, ICFs, and day programs.
3. No, we don't supply food, and we're far from a run-of-the-mill menu company.



THANK YOU!

Click to watch [My25 Select in Action](#) now.



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Reach out: hello@my25.com

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