



# Lightning in a Bottle for Your LTSS Settings

You have 4 products to choose from. We provide robust content and digital resources to create a failsafe, interconnected system in LTSS settings to: materially improve clinical and social health, person-centered choice, and independent living skills development for people supported; streamline mealtime and grocery shopping; bolster inexperienced staff; mitigate risk; and simultaneously reduce costs related to food, labor, PRNs, prescription medication and acute care needs. It's *all* we do...our outcomes are substantial.

## FOR PEOPLE WITH IDD, SPMI, TBI & BEHAVIORAL CHALLENGES

### My25 CHOICE

For waivers and ICFs.

Our core program...most impactful regarding health improvement and simultaneous cost-reductions and most synergistic with licensure and value-based requirements.

Scaled, person-centered choice Menus, Recipes, Grocery Shopping Lists, Therapeutic Report and Nutrition by Daypart Report, emailed to each setting weekly.

Menus incorporating all meals, snacks and beverages refresh every 35 days. Addressing needs related to: underweight/overweight status, diabetes, hypertension, GERD, lactose intolerance, allergies, dysphagia, and more.

My25's Support team works closely, on an ongoing basis, with house managers, DSPs and residents to adjust menus to reflect choice, evolving health status, census, grocery budgets, and ease of preparation needs.

Also, a 24/7 menu change email hotline.  
(No additional charge ever.)

Periodic overview reports are sent to leadership to highlight outcomes progress.

### My25 SELECT

Our newest high engagement, digital resource for supported/intermittent, foster, home-based, and more-independent waiver settings...cemented in affordability, personalization, interactivity and flexibility.

My25 Select is completely user-driven. Based on the household profile of food preferences and dietary needs, healthy dinner suggestions are provided on a weekly basis. After the household makes its selections...scaled Menus, Recipes, and Grocery Shopping Lists are automatically generated for view or print purposes. Auto link to online grocers.

My25 Select includes the groundbreaking Healthy Eating Score™ (HES) metric for planning, motivational, oversight, and value-based purposes. The first-ever nutritional gauge for LTSS settings.

Web-based and mobile-optimized, My25 Select also includes an expansive recipe box and an educational/engagement Portal to spur knowledge gains and independent living skills development.

### My25 ELEVATE

An optional add-on for My25 Choice subscribers, scaffolding with education and engagement surrounding nutrition, preventive health, and enjoyment of life. Web-based and mobile-optimized with multi-media content in 81 languages, includes our popular independent living skills development resources.

Access is available to all of the organization's stakeholders to galvanize improved health and eating the right foods in the right amounts.

White labeling available with your logo and colors, so you can tout your health leadership status in bold technicolor.

Choose  
Your  
Product(s)

### My25 MAX

My25 Max is a hybrid of My25 Choice and My25 Select, appropriate for a variety of LTSS settings.

A knowledgeable, responsive, guiding hand married to flexibility and interactivity to integrate resources (scaled Menus, Prep Steps, Grocery Shopping Lists, et al) efficiently, comprehensively, and attractively.

My25 Max adds nimbleness to My25 Choice menus on those evenings where, for one reason or another, the setting occasionally veers off My25 Choice menus. But very important to note: My25 Max ensures that health and adherence to grocery spend continue as priorities, while the utmost in personalization and choice remain front and center.