



This Time, It's Your Turn...

DSPs, Qs, House Managers, & Add'l Provider Employees



When we first started improving the clinical and social health of people supported, we didn't predict what we keep hearing over and again...provider employees personally want what they witness Mainstay's My25 resources accomplishing every single day for residents in the LTSS settings where they work. Immune boosting; sustainable, eat-better habits; savings at the grocery store, doctor & pharmacy; and overall better health (normalized BMIs, A1c levels, blood pressure readings and reduced medication dosage/usage & acute care events).

When we recently introduced our newest product, My25 Select, as a web-based/mobile-optimized platform for supported/intermittent, more-independent waiver, and foster/home-based settings, we knew that we also had the answer to the oft-asked question from provider employees, "What about me and my household? When I'm healthy and my family's healthy, I'm better at my job and better able to support a healthy lifestyle for our residents."

My25 Select

Personalized • Interactive • Flexible • Holistic • Affordable

Human Services Provider Organizations Subscribe,
So Personnel are Healthier, Less Costly, and More Knowledgeable & Engaged

A screenshot of the My25 Select dashboard. At the top, there are three main sections: 'SELECT DATES & MENUS NOW' (with an image of a salad), 'YOUR HEALTHY EATING SCORES' (with a chart of stacked tomatoes), and 'WATCH & LICK YOUR LIPS' (with a video player showing a bowl of pasta). Below these are 'Key My25 Select Resources' including 'BUMP UP VEGGIE FLAVOR CHART', 'JAZZ UP HEALTHY STARCHES CHART', 'SAUCE IT UP CHART', 'MY25 SELECT OVERVIEW VIDEO', and 'MY25 PLATING'. Each resource has a small thumbnail image.

Substantial outcomes result when an organization's constituents are all on the same eat-better page.

Watch My25 Select in Action:
<https://vimeo.com/380244044>

About My25 Select

**Personalized • Interactive • Flexible • Holistic • Affordable
Web-Based/Mobile-Optimized**



My25 Select is a high-engagement mealtime toolkit and nutrition accelerator platform. Each household creates their own private account and builds a profile of food preferences and dietary needs.

Each household is in the driver's seat and has print or view access to menus they create (based on My25 Select's weekly, personalized suggestions and/or My25 Select's expansive recipe box), along with associated prep steps and shopping lists with estimated costs and a link to online grocers for curbside pick-up or delivery.

My25 Select also conducts contests and offers cool raffle prizes to reward interaction and knowledge gains. Education, skill building & engagement resources scaffold in multi-media format and 81 languages.

Each household has access to My25 Select's groundbreaking Healthy Eating Score (HES) metric & tracker for planning and motivational purposes, as well as to use in conversation with their primary care physician regarding preventive health status and guidance. Nutrition **is** the key driver behind clinical and social health for most anyone.

About Us

Watch our brief company overview video: <https://vimeo.com/403347616>



Mainstay is the name of our company & My25 is our core brand defining a number of preventive-health and nutrition-based digital resources for the human services industry. Our health improvement and cost reduction outcomes over several years, across 34 states, are substantial.

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

Our foundational guidelines were built in partnership with the USDA and via collaboration with professionals from the Feinberg School of Medicine at Northwestern University.

Mainstay's My25 team is made up of experienced and respected nutrition, preventive health, disease management, culinary, business, human services, and technology professionals.

We're not a diet...but a personalized, preventive health change agent. We don't just tell you to eat more vegetables, we help you figure out how to make the likes of peas and carrots taste so good you want more, more and more.