



Maximizing For Smart Homes

My25 is the *only* solution delivering personalized, digital resources maximizing for at least 25% of the most important of the day's activities in Smart Homes supporting people with specialized needs.

Nutrition, preventive health, independent living skills development, and enjoyment of life via tailored tools, engagement and education. Choice-based menu planning, easy recipe prep, and budget- & time-sensitive grocery shopping.



Among the expansive My25 family of digital products and additional resources, there are two most-optimal plug-ins for residents in your Smart Homes.



We highlight the My25 Personal and My25 Select platforms on the following pages, along with brief background about our company, team, and longstanding outcomes impact in thousands of LTSS settings throughout the U.S.

Unique to My25 is the fact that unlike traditional diet management, risk assessment approaches, and force-fit mainstream wellness and eat-better “solutions”—that health statistics underscore have largely failed people with specialized needs in LTSS settings—we succeed on all counts for a majority of this vital population, not just the 5% most unwell. Unparalleled clinical health and social health (SDoH) improvement while foolproofing/streamlining mealtime and grocery shopping, including saving money on food costs.

This is a result of My25's holistic food as medicine approach.



We Cracked the "Food as Medicine" Code

We focus on the whole person, the diverse needs within the household, and seamlessly connecting the must-do fundamentals driving the day-to-day, wellness, and enjoyment of life.

Our experienced and respected team understands and embraces all of it.

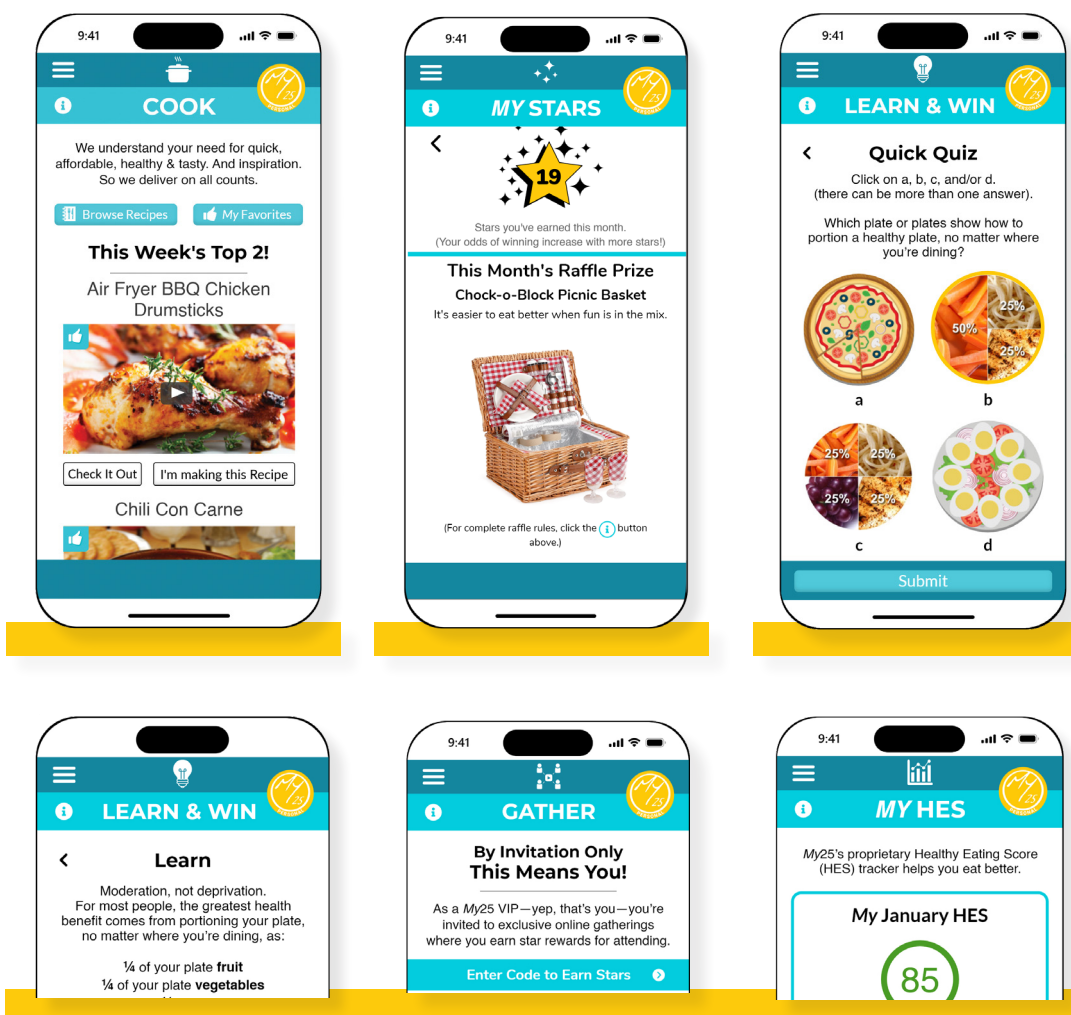


Users have access to personalized resources regarding recipes; their Healthy Eating Scores (HES) for care coordination, motivation, mealtime planning and reward purposes; education (cooking & kitchen skills, nutrition, preventive health, disease management, enjoyment of life); invitations to attend live, insightful presentations; and a dynamic community interface. Interactivity is front and center.

The My25 Personal app is presented in a highly engaging, multi-media format with opt-in messaging zeroing in on the individual's interests and needs, such as: snack foods for people with diabetes, date night recipes, reading nutrition facts labels, fast food tips, and much more.

Accessible via app download. Compatible with (phone and tablet) Google Android, Apple iOS, and Jitterbug Smart3.

Watch: vimeo.com/797854459



We help people with specialized needs and associated staff understand moderation versus deprivation and how to eat better when preparing food at home, having meals delivered, or eating out—including in fast food restaurants. Always keeping preferences, health, budget and time savings as priorities.



My25 Select—a web-based/mobile-optimized platform largely focused on building a weekly calendar of dinner meals—is self-directed...cemented in interactivity, flexibility, and building knowledge and skills regarding cooking, nutrition, and preventive health. Core features center on menu planning, grocery shopping, and recipe prep steps—personalized for individual/household food preferences and dietary needs.


My25 Select grocery lists can be used at any store, but will auto populate the home's Walmart online cart via one click if the household shops at Walmart...keeping purchases in healthy and budget-sensitive lanes. vimeo.com/846664096

My25 Select users are visually and numerically guided—and motivated—regarding their meal choices by My25's proprietary Healthy Eating Score (HES) tracker that trends for care coordination purposes. Further accessible...My25 Select's Leftovers Rescue Planner and our popular recipe box with mouth-watering photo images and videos set to music.


An entire section within the My25 Select platform is dedicated to education and engagement in 81 languages and multi-media format.

Watch: vimeo.com/694080454








PORTAL | ACCOUNT | HOUSEHOLD PROFILE | **DASHBOARD** | CALENDAR (MY MENUS) | RECIPES | WATCH | LEFTOVERS RESCUE | HES | CONTACT




DASHBOARD


SELECT DATES & MENUS NOW


YOUR HEALTHY EATING SCORES


WATCH & LICK YOUR LIPS


Key My25 Select Resources

BUMP UP VEGGIE FLAVOR CHART

JAZZ UP HEALTHY STARCHES CHART

SAUCE IT UP CHART

MY25 SELECT OVERVIEW VIDEO

MY25 PLATING



How & Why My25 Cracked the Food as Medicine Code

Clearly, same-old, same-old hasn't been working as far as effective menu planning, mealtime prep and grocery shopping in most LTSS settings from a health improvement and cost- and time-savings standpoint. Only 30% of this vital population falls within a normal BMI pre My25 as opposed to 70% at or moving toward a normal BMI 6 months post and ongoing My25. Choice is often DSP choice. And food expense is on a runaway train. Recognizing that "food" is much more than just what's on the plate in an LTSS setting fueled our holistic approach, development of robust, proprietary software, and pivotal partnerships. We're able to tackle various food-related nuances and challenges to achieve critical goals and cement outcomes regarding health, operations, and costs.

Value-based innovation at its very, very best for Smart Homes.

A Bit More About My25



Mainstay is the name of our company and My25 is our core brand defining a broad family of products utilized throughout 36 states and thousands of LTSS settings. Our foundational guidelines and technology backbone were established in partnership with the USDA and via collaboration with professionals from Northwestern University's Feinberg School of Medicine. We subscribe to the Dietary Guidelines for Americans, the USDA's Healthy Eating Index, moderation versus deprivation, rebalancing the plate, and that super nutrient: fiber. The My25 team is comprised of preventive health, disease management, nutrition, culinary, education, technology, business, and human services professionals. Fiber nerds, each one of us.

