

Finally!



Sustainable, Affordable Food as Medicine

My25 is the only Food as Medicine solution maximizing for a majority of people, not just the 5% most unwell. We accomplish this unique goal—unlike status quo “solutions”—via digital resources and keen attention to . . .



Impacting individuals and whole households from the get-go **OR** on the heels of expensive GLP-1 and/or medically tailored meals (MTM) to sustainably and affordably maintain—even improve upon—outcomes from these interventions.

We cut our wellness and Food as Medicine teeth among the most budget-strapped, health and nutrition compromised, and time-stretched populations—tens of thousands of people—throughout the U.S.

Pre My25, 30% register within a normal BMI. Within 12 to 18 months, post and ongoing My25, approximately 70% are at or moving toward a normal BMI with concurrent improvement to A1c levels, blood pressure readings, medication usage/dosage, acute care needs, and more.

Because engaged individuals demonstrate 2x better health improvement, we **ENGAGE**.
Multi-media, interactive format.

Brief About *My25*



Mainstay is the name of our company and *My25* is our core brand defining our suite of products solely dedicated to sustainable and affordable Food as Medicine. We prevent the leakages long getting in the way of behavior and habit change related to food.

Our earliest backer and partner was the USDA, the federal agency responsible for the nation's nutrition. We collaborated with professionals from Northwestern University's Feinberg School of Medicine. Demonstrating *My25*'s impact regarding health improvement and cost savings reduction via nationwide trials, we then commercialized and kept enhancing our robust, proprietary software and digital resources.

Today, *My25* subscribers include leading health and human services organizations intent on benefiting their members/clients/ patients/consumers/residents.

Mainstay's co-founders sold their first start-up, centered on cost reduction and increased patient care in hospitals, as a nationwide entity to a Fortune 500 healthcare company.

The *My25* team is comprised of nutrition, preventive health, culinary, grocery, education, engagement, technology, business, and human services professionals and partners.

