



# Aging Well: Powering Connected Growth Communities to Thrive

Small group journeys for Seniors to grow together in the 8 Dimensions of Wellness



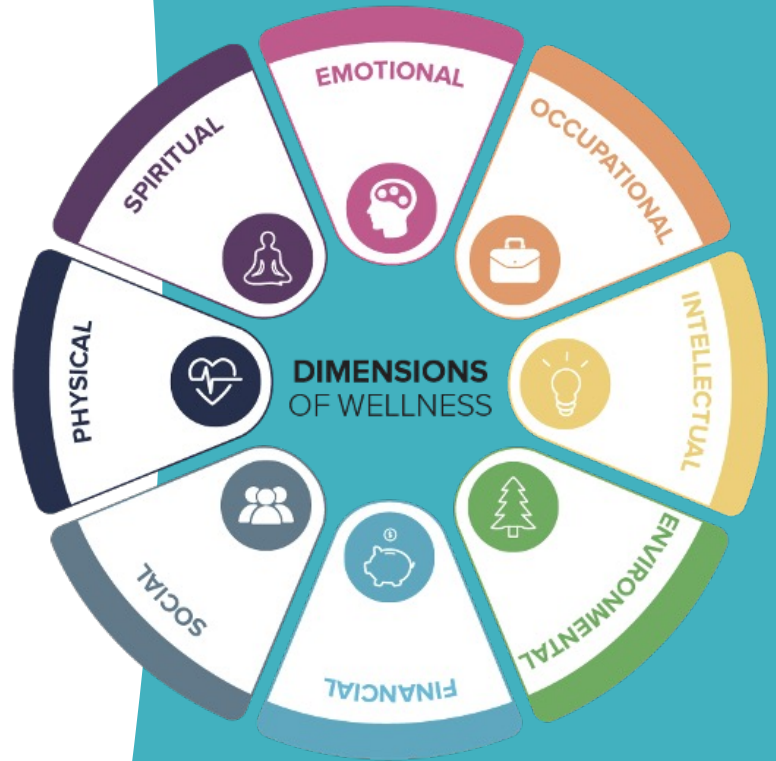
CONNECT WITH OTHERS | GROW YOUR WELLNESS | SHARE YOUR STORY

# The Challenge

As our population is increasing in lifespan, there is growing importance of increasing wellbeing during those years.

Seniors don't just want to live longer; they want to live better. But content and desire are not enough to self-activate.

We have the innovation and knowhow to deepen wellness across the lifespan.



## Our Solution

Our anytime, anywhere approach is centered on providing personalized and socially connected care, personalized to each individual's unique needs and preferences.

### We are Here to Help

We provide a small group journey app, grounded in research on how people change, **focused on Dimensions of Wellness**, and supported by trained life coaches.



## We're Here to Help

You are dedicated to help those you serve. However, supporting Personalized Growth can be challenging on top of the demands your staff already face. With our solution:

- Seniors can increase their holistic wellness with support from a growth specialist.
- Organizations gain increased results without adding staff time.
- Organizations gain vital data about the wellness of their community and the impact of their programs.

# WHAT WE OFFER



## Next-Gen Growth Platform

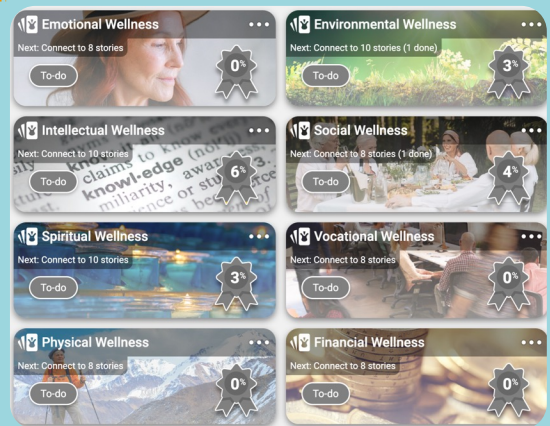
Journey.do is a next generation social growth app, built to bring about life change.

- It is strength-based and connects people to relatable community stories all within a safe and secure small group.
- It uses the power of personal narrative, positive reputation, gamification, and applied content to power life change.

## Evidence-Based Journeys

The 8 Wellness Journeys are based on SAMHSA's evidence-based set and aligned to a balanced wellness profile and successful life.

- Members receive certificates for each journey, and digital portfolios to affirm/support growth.
- Platform uses our connected growth cycle, engaging members in real-world growth.



## Flexible Champion Services

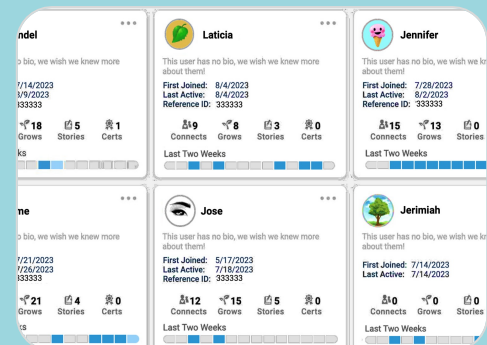
We provide growth as a service, with trained facilitators ready to support member success.

- All facilitators are skilled in supporting personal growth and life wellness feedback.
- We manage growth with personalized and supportive guidance.

## Data-Driven Reporting

We provide up-to-the-second data analytics at the level of individual, officer, department, and organization.

- For your staff these include actionable alerts, heat maps of progress, digital portfolios, and monthly usage counts.
- For the organization, we use AI to show trends, opportunities, and areas of concern.





# 8 DIMENSIONS OF WELLNESS

The 8 Dimensions of Wellness developed by SAMHSA provides an evidence-based holistic framework to empower senior well-being, promoting overall health, happiness, and quality of life.



It's not just longevity, but vitality.

## WE EMPOWER GROWTH

We provide a complete solution to ensure your seniors continue to grow in a connected platform that is easy to navigate and motivating to engage.

At the same time, our platform provides a continual window into the growth and wellness of your seniors, with actionable data so your staff can engage in programming to offer your community deeper connections and holistic health.



## How Your Community Benefits

- 1 Connection and Belonging:** Your community experiences a sense of belonging, reducing isolation, and boosting sense of connection.
- 2 Emotional Wellbeing:** Increasing resilience, mental and physical health, sense of purpose and overall feelings of life fulfillment.
- 3 Support and Encouragement:** Access a supportive network of like-minded individuals who understand your wellness goals and challenges.
- 4 Inspiration and Motivation:** Witness others' achievements and success stories, fostering inspiration and motivation.
- 5 Access to Expertise:** Find a wealth of resources, articles, and information to enhance your well-being.
- 6 Accountability:** Share your progress and commitments, increasing motivation and commitment to your goals.
- 7 Data and Impact:** Individuals and organization can track growth and wellness over time.