



Application

Narrative

Cash Transmittal

Development Standards



## **INTEGRATING WELLNESS PROGRAMS, FACILITIES AND MANAGEMENT FOR ACTIVELY AGING COMMUNITIES**

Our ongoing mission is to encourage and preserve the highest degree of fitness for aging populations, with a focus on fall risk reduction, balance and mobility. The bWell Aging platform is a three-part system involving programs, facilities and equipment, and management - each one led by notable industry experts in the respective disciplines.

### **On-site staff to help run bWell Aging programs**

#### **Elevation Health**

To implement and maintain the bWell Aging fitness programs, the experts at Elevation Health can train on-site personnel to manage the programs, or they can manage the programs directly for any facility using the bWell Aging platform. From working with participants on initial assessments, to setting up and running classes for each of the 12 week programs, to final assessments to monitor progress at the end of each program, the Elevation Health team can manage any or all. The Elevation Health experts are well versed in fall-prevention protocols, working with and fully engaging actively-aging participants across a wide range of physical abilities.

## **BWELL PROGRAM MANAGEMENT**

- Assessments are the first step to establishing a baseline for movement, using the bWell app to do a series of timed balance
- Engagement in group classes is how most of the bWell 12-week programs are run, using specific exercises and equipment
- Privately tracking progress for each individual across the full program (via the bWell & Move app), the goal is to improve or maintain the core components of balance, mobility and strength, while improving ADLs and quality of life.
- Contributing to the health of both individuals and the community, the bWell Aging platform was designed to address the fitness needs and critical risks for aging populations - specifically focused on fall prevention and balance to keep people mobile and active throughout their later years.

## BWELL AGING PROGRAMS MAKE A DIFFERENCE

### Testimonials:

- “Standing up from a chair is much easier now than it was before starting the program.”  
**82-year-old program participant**
- “The CoreStix feel good when I do squats because I can go down further and my knees don't hurt as bad during the squat. I also feel more supported so I feel like I can perform a better squat.”  
**69-year-old program participant**
- “I am much more comfortable reaching down to pick something up off the floor now than I used to be.”  
**77 -year -old program participant**
- “Everyone is more active as they gain comfort and confidence with their body movements and balance.”  
**bWell Aging program instructor**

## MOBILE APP

Using a mobile app, easily accessible on an iPad, the bWell Aging platform offers:

- multidimensional assessments of balance, gait, and strength
- assessment driven programming across the functional continuum
- prescriptive and layered balance and mobility programming delivered via the app
- exercise library that allows for flexible program development
- ongoing evolution of assessment and programming concepts

## THE FACTS ABOUT FALLS

1 in 3 adults aged 65 and older falls each year. Of those falls up to 30% suffer moderate to severe injuries that adversely affect their ability to live independently.

The direct medical costs for fall injuries (adjusted for inflation) are \$34 billion annually.

## **bWell Aging Programs Include:**

### **BWELL & MOVE**

Complete suite of standardized fall risk assessment tests, including the CDC STEADI tests, that identify functional limitations emerging from one or more of the systems involved in the control of balance and mobility. Assessments included for functional mobility, steady-state balance, strength, sensory reception, integration and gait analysis. HIPAA compliant reporting.

### **BWELL & BALANCED**

Designed for older adults at high risk for falls, bWell & Balanced is group-based or one-on-one multidimensional functional movement training. This is a 12-week protocol-driven program with progressively more challenging resistance and balance exercises performed in a minimally supportive training environment.

### **BWELL MOBILE**

bWell & Mobile is a transitional program that complements bWell & Balanced. A group-based or one-on-one curriculum that incorporates progressively challenging dynamic and gait components, bWell & Mobile is specifically helpful for individuals at mid to low fall risk, with primary focus on core components of strength, balance and endurance.



# ELEVATION SERVICES

## FITNESS & WELLNESS MANAGER

We know from experience that having an onsite fitness and wellness management presence increases residential engagement, which leads to retention. The costs includes an onsite fitness professional who will manage your day to day operations, teach group fitness classes, personal train, provide equipment orientations, fitness assessments, personal fitness programs and events happening at your location. .

Our Technology Wellness and Marketing platform will also be integral in marketing both the Elevation Program along with the BWell Program



## MANAGER DUTIES INCLUDES:

- Teach 3 classes weekly
- Conduct FREE Equipment Orientations, Fitness Assessments, Personal Fitness Programs
- Manage Massage Services
- Manage, Hire and Train all Additional Group Fitness Instructors
- Create Group Fitness Schedules
- Marketing and Flyers for Services and Events
- Manage the Technology Platform
- Hire and Train all Personal Trainers
- Create 1 weekly challenge a month
- Host 1 Event each quarter

# BWELL SERVICES

## 12-WEEK BWELL FALL REDUCTION PROGRAM

12 -Week BWell program to accommodate those new individuals moving into the complex. This cost would be paid for by 55 Resort and new residents can sign up for the program for free. Each new program will allow for up to 6 participants and Includes:

- One-on-One initial assessment
- 12 week program
- One-on-One reassessment

If residents would like to continue into the next 12 week program (to be determined), they could do so at a cost of \$495 per resident in which the resident would pay.

The resident would also have the opportunity to work with an Elevation Trainer one-on-one if they decide they would like individual attention.

