

Point In Time Wellness Cafe

The Neighborhood Wellness Café is a platform for wellbeing and quality of life, delivering precise, personal, solutions attainably across all of life's journey.

Wellness Coaching

Nutrition Programs

Fitness Training

Primary Care

Pharmacology

Nutraceuticals

The Point In Time Wellness Café (Wellness Centers) specifically designed into each neighborhood campus and part of the Neighborhood Enrichment Hub team, enables people to take control of their wellbeing mind, body and soul. The Wellness Café is built around an attainable Telecommunication, Wellbeing model. The Cafe hosts Nutrition Programs, Fitness Trainers, Wellness Coaches along with a Doctor and Nurse Practitioner, all

via telehealth and telecommunication employing the economies of neighborhood network effects and the power of the Point In Time Platform economy.

The Wellness Café in neighborhoods across Chicago, where people have put down deep roots, unites neighbors around wellbeing in a convenient setting with access to comprehensive services.

It is here people find, almost subliminally, that they are stronger together, “neighborhood strong”, and more apt to take part in programs that enable them to take control of their wellbeing, mind, body and soul and experience a better outcome.

The background of the Wellness Café health and wellness teams can be an asset in bonding with the neighborhood tribe, especially when working across diverse neighborhoods.

Pairing people with team members of similar race/ethnicity, socio-cultural or linguistic background, makes the team members more relatable and able to build a stronger relationship that plays a vital role in improving health and wellbeing leading to better outcomes. The Wellness Café, in the diverse neighborhoods and sub neighborhoods, makes this possible.

Our healthcare partners have access to our Wellness Café open platform, for continued innovation, as they position themselves to address the social factors of health and achieve greater health equity within hundreds of small neighborhood settings.

Today, loneliness and isolation are an epidemic. The entire Point In Time team is on board to help alleviate social isolation and loneliness, holding the potential to also delay the onset of dementia and other age-related diseases, disorders and disabilities.

Wellness Cafes also hold the potential to lower hospital readmission and actually support discharged patients. More details of this sustainable, attainable program can unfold upon request.

Wellness Coaching

Subscription Fee, \$10.00 Per Month

Wellness coaching is a process that facilitates healthy, sustainable behavior change by challenging people to develop their inner wisdom, identify their values, and transform their goals into action.

The Point In Time Wellness Coach and Neighborhood Enrichment Hub program in one community generates a profit of over \$200,000 annually. One hundred communities across Chicago generate over \$20M annually.

Precise, personal, solutions that are desirable, attainable and profitable.

Wellness Coaching is an \$8B service market with demand set to grow 13% through 2029.

Fitness Training

Subscription Fee, \$10.00 Per Month

Personal neighborhood trainers possess the knowledge, skills and abilities necessary to conduct a variety of assessments and design safe and effective fitness programs from chair yoga to pickle ball for small groups of people from the neighborhood, tailored to their wants, needs and attainable goals.

The Neighborhood Trainer collaborates with the Life Coach, Wellness Coach and Nutritionist to encourage group participation for uplifting fitness programs designed around camaraderie and mutual support. The neighborhood tribe will find they are stronger together, and more apt to take part in programs built around camaraderie and mutual support.

The Point In Time Fitness Trainer in one community generates a profit of over \$250,000 annually. One hundred communities across Chicago generate over \$25M annually.

Custom designed fitness programs that are desirable, attainable and profitable.

*Demand for Fitness Trainers is projected to grow 39%
From 2020 to 2030.*

Nutritionist

Subscription Fee, \$10.00 Per Month

“Let food be thy medicine and medicine be thy food”

Hippocrates

The Point In Time Neighborhood Nutritionist as part of the multidisciplinary team is on board to promote wellbeing and quality of life through the healing power of nutritious, tasty meals shared with friends. The Nutritionist doesn't tell people how to live or what to eat, they simply offer them the options to do better.

The Collaborative Community Personal Chef and Neighborhood Nutritionist along with the resident members with a culinary interest will enjoy cooking together in the community kitchen and sharing insights to delicious nutritious meals via blogs, podcast and webinars.

Today, nutrition and exercise are fast becoming even more recognized as an essential component of healthy aging and disease management.

The Point In Time Nutritionist in one community generates a profit of over \$250,000 annually. One hundred

communities across Chicago generate over \$25M annually.

Custom designed nutrition programs that are desirable, attainable and profitable.

Demand for Nutritionists is projected to grow 11% by 2030.

The Point In Time Pharmacologist & Nutraceuticalist Collaboration for a better outcome

Pharmacologists

A qualified practitioner specializing in medicine and the effects of drugs used in the treatment of patients in an effort to match the right drug therapy to the diagnosis for the best results.

Nutraceuticalist ©

A qualified practitioner specializing in herbs, supplements and vitamins and their effect in the treatment of patients, in an effort to match the right nutraceutical therapy to the diagnosis for the best results.

Point In Time would like to bring these two fields of expertise together in an effort to deliver a better outcome across life's journey.

Primary Care

Doctor & Nurse Practitioner

Subscription Fee, \$28.00 Per Month

The Primary Care team is managed by a healthcare provider. The Primary Care team is not intended to replace the patient's GP. The Primary Care team is built around wellbeing and is on board to complement the other neighborhood services.

With a Wellness Café in each neighborhood the patient comes to their local Café and is greeted by a CNA Telehealth Tech bridging the gap to the cutting-edge telehealth equipment. The Telehealth Tech also stands in as the patient advocate helping ensure the patient understands the telehealth session.

The Wellness Café is...

30% healthcare, science, and medicine along with access to quality healthcare.

70%

Lifestyle and encouraging an investment in health and wellbeing, mind, body and soul.

- **Better patient experience.**
- **Better wellbeing & health overall.**
- **Financial benefits to patients and healthcare providers.**

The Point In Time Wellness Café in one community generates a profit of over \$1.4M annually. One hundred communities across Chicago generate over \$140M annually.

Healthcare and wellbeing programs that are desirable, attainable and profitable.

The Life Path Coach and entire Wellness Café are the perfect solution for information deficiency. Our team of specialists subliminally teach people how to age successfully by simply offering them access to the options to do so.

Point In Time		
Neighborhood Life Coach	\$10.00	Per Month
Telehealth Primary Care	\$28.00	Per Month
Wellness Coaching	\$10.00	Per Month
Fitness Training	\$10.00	Per Month
Nutritionist	\$10.00	Per Month
Total Cost Per Month	\$68.00	
Total Cost Per Day	\$ 2.27	
Health & Wellbeing for Less Than a Daily Starbucks		

The Life Coach and Wellness Café in one community generate a NOI of over \$1.7M. We do not expect that everyone will subscribe to all of the programs, but if they did, the benefit of scale and neighborhood network effects keeps the cost to the resident subscriber less than a daily Starbucks.