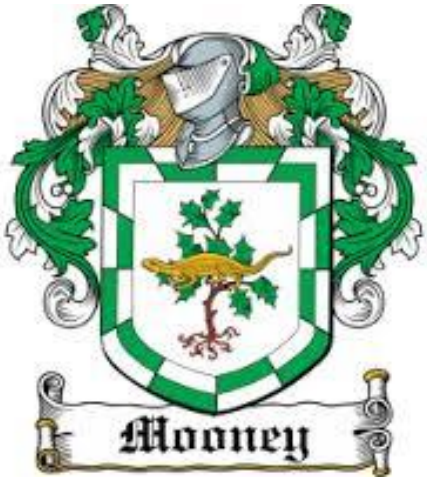
BILL FOR CONGRESSIONAL APPROVAL:

MOONEY CARE ACT



By Maonaigh Group

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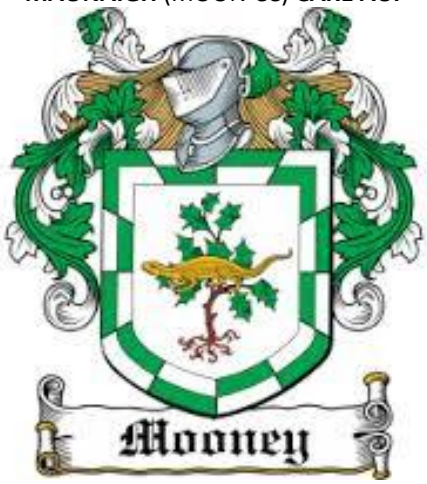
MAONAIGH (MOON-ee) **CARE ACT**



Public Healthcare
December 1, 2022

By Benjamin Mooney, RSPS, CAA, CAM &
Maonaigh Group

MOONEY CARE ACT

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365|HEALTH & WELLNESS EXECUTIVE SUMMARY - Action of Resolution, VALIDATED

1. County Exchanges-ISD's all registered
2. State Exchanges-365|Health & Fitness is registered with the Secretary of State, Texas.
3. Federal Exchanges-only company listed as administration healthcare compliance per the USFCR

References: SOURCES CITED

Preface: INDOCTRINATION & IMPLEMENTATION HEALTHCARE REFORM

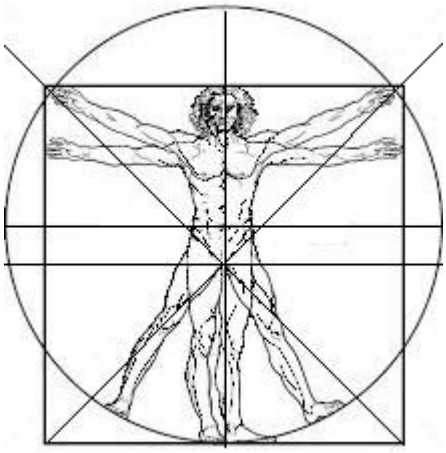
INDOCTRINATION

The Patient Protection and Affordable Care Act, is a United States federal statute enacted by the 111th United States Congress and signed into law by President Barack Obama on March 23, 2010. Under the act, hospitals and primary physicians needed to adopt their practices financially, technologically, and clinically to produce better health outcomes, lower costs, and improve their methods of distribution and accessibility. The objective of PPACA was to expand health insurance coverage and to reduce the costs of healthcare. This introduced mechanisms including mandates, subsidies, and insurance exchanges. The law requires insurers to accept all applicants, cover a specific list of conditions and charge the same rates regardless of pre-existing conditions or sex. Increases in overall healthcare spending have slowed since the law came into effect, including premiums for employer-based insurance plans. The Congressional Budget Office reported in several studies that ACA would reduce the budget deficit, and that repealing it would increase the deficit.

IMPLEMENTATION

The law and conflict as implementation began faced challenges in Congress, federal courts, some state governments, conservative advocacy groups, labor unions, and small business organizations. The United States Supreme Court upheld the constitutionality of the PPACA's individual mandate as an exercise of Congress's taxing power, found that states cannot be forced to participate in the PPACA's Medicaid expansion, and found that the law's subsidies to help individuals pay for health insurance are available in all states, not just in those that have set up state exchanges. Together with the Health Care and Education Reconciliation Act amendment, it represents the U.S. healthcare system's most significant regulatory overhaul and expansion of coverage since the passage of Medicare and Medicaid in 1965.

Society in the United States has achieved a heightened understanding of what the ideal health status of an individual consists of in a comprehensive capacity. It is proven these adopted practices achieve improved patient health outcomes, reduce the risk of critical diseases, and reduce the likelihood of hospital readmissions. Today the effectiveness of an individual's health maintenance may be demonstrated respective to the characteristics of *L'Uomo Vitruviano,* the *Vitruvian Man*. The purpose of this, Maonaigh (MOON-ee) Care Act is to provide comprehensive healthcare solutions and relief to the effected regions of the United States of America.



The ***Vitruvian Man***

Le proporzioni del corpo umano secondo Vitruvio (Italian), which is translated to "*The proportions of the human body according to Vitruvius*"), or simply ***L'Uomo Vitruviano*** ([ˈlwɔːmo vitruˈvjaːno]), by Leonardo da Vinci at approximately 1490. The drawing is based on the correlations of ideal human proportions with geometry described by the ancient Roman architect Vitruvius in Book III of his treatise *De architectura*. Vitruvius described the human figure as being the principal source of proportion among the classical orders of architecture. Vitruvius determined that the ideal body should be eight heads high. Leonardo's drawing is traditionally named in honor of the architect.

1. ENSURING THE QUALITY OF CARE & PATIENT PROTECTIONS

MAONAIGH (MOON-ee) CARE ACT

By: Benjamin Mooney, RSPS, CAA, CAM

PURPOSE:

The Mooney Care Act emphasizes executive action in the compliance and implementation of PPACA articles that drive the delivery of the standards of care in the United States of America. Please refer to PPACA, Sections 2713-2718.

Pertaining to the Patient Protection and Affordable Care Act, 2010, Sec. 2713-2718

- This BILL requires all individuals, families, employers, institutions, providers, and payors to be enrolled "on-site" and/or "in-home health station" to a value based comprehensive healthcare insurance program within a capacity that is functional to each individual participant within the scope of coverage and their daily, weekly, monthly, and annual lifestyle.
  Sec: _____
- Provides comprehensive public healthcare relief solutions that are personalized, portable, and REDUCE THE COST OF HEALTHCARE PREMIUMS.
  Sec: _____
- Provides comprehensive public healthcare relief solutions for the improvement of patient health outcomes, solutions to reduce critical health risks and disease, and solutions that reduce the likelihood of hospital readmissions.
  Sec: _____
- NOTE: this bill upholds the PPACA, the mandate for a standard that possess the flexibility of vertical integration nation-wide. This vertical integration solution must be value based and coded medically compliant to icd-10 currently in use nation-wide.
- NOTE: Healthcare Tax Credit and Health Cost Exemption: *Healthcare Tax Credit* - all participants enrolled qualify as "successfully insured", receive no individual tax penalty. Those not enrolled qualify as "uninsured" or "under insured" and may be penalized at the time of their individual income tax preparation is complete. *Health Cost Exemption* – as currently compliant to current IRS code standards, as long as upheld as qualified as "successfully insured" all installation costs pertaining to compliance to this bill is to be included as qualified medical expenses for itemization on the individual or business income tax forms to be filed with the IRS.
- Due to the nature of this matter, as it pertains to health, medical, and/or employee benefits solutions, etc., ALL EXPENSES PERTAINING TO THIS INSTALLION ARE TAX DEDUCTABLE. Including but not limited to professional fees, equipment, delivery, service of benefits, etc.
  Sec: _____

''SEC. 2713. COVERAGE OF PREVENTIVE HEALTH SERVICES (PPACA, 2010)

''(a) IN GENERAL.—A group health plan and a health insurance issuer offering group or individual health insurance coverage shall, at a minimum provide coverage for and shall not impose any cost sharing requirements for— ''(1) evidence-based items or services that have in effect a rating of 'A' or 'B' in the current recommendations of the United States Preventive Services Task Force; '' (2) immunizations that have in effect a recommendation from the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention with respect to the individual involved; and ''(3) with respect to infants, children, and adolescents, evidence-informed preventive care and screenings provided for in the comprehensive guidelines supported by the Health Resources and Services Administration. '' (4) with respect to women, such additional preventive care and screenings not described in paragraph (1) as provided for in comprehensive guidelines supported by the Health Resources and Services Administration for purposes of this paragraph. ''(5) for the purposes of this Act, and for the purposes of any other provision of law, the current recommendations of the United States Preventive Service Task Force regarding breast cancer screening, mammography, and prevention shall

124 STAT. 132 PUBLIC LAW 111–148—MAR. 23, 2010

be considered the most current other than those issued in or around November 2009. Nothing in this subsection shall be construed to prohibit a plan or issuer from providing coverage for services in addition to those recommended by United States Preventive Services Task Force or to deny coverage for services that are not recommended by such Task Force. ''(b) INTERVAL.— ''(1) IN GENERAL.—The Secretary shall establish a minimum interval between the date on which a recommendation described in subsection (a)(1) or (a)(2) or a guideline under subsection (a)(3) is issued and the plan year with respect to which the requirement described in subsection (a) is effective with respect to the service described in such recommendation or guideline. ''(2) MINIMUM.—The interval described in paragraph (1) shall not be less than 1 year. '' (c) VALUE-BASED INSURANCE DESIGN.—The Secretary may develop guidelines to permit a group health plan and a health insurance issuer offering group or individual health insurance coverage to utilize value-based insurance designs.

''SEC. 2716. PROHIBITION OF DISCRIMINATION BASED ON SALARY.

''(a) IN GENERAL.—The plan sponsor of a group health plan (other than a self-insured plan) may not establish rules relating to the health insurance coverage eligibility (including continued eligibility) of any full-time employee under the terms of the plan that are based on the total hourly or annual salary of the employee or otherwise establish eligibility rules that have the effect of discriminating

in favor of higher wage employees. ‘‘(b) LIMITATION.—Subsection (a) shall not be construed to prohibit a plan sponsor from establishing contribution requirements for enrollment in the plan or coverage that provide for the payment by employees with lower hourly or annual compensation of a lower dollar or percentage contribution than the payment required of similarly situated employees with a higher hourly or annual compensation.

SEC. 2717. ENSURING THE QUALITY OF CARE.

(a)(1) IN GENERAL.—

(A) improve health outcomes through the implementation of activities such as quality reporting, effective case management, care coordination, chronic disease management, and preventative medication and care compliance initiatives, including through the use of the medical homes model as defined for purposes of section 3602 of the Patient Protection and Affordable Care Act, for treatment or services under the plan or coverage;

(B) implement activities to prevent hospital readmissions through a comprehensive program for hospital discharge that includes patient-centered education and counseling, comprehensive discharge planning, and post dis- charge reinforcement by an appropriate health care professional;

(C) implement activities to improve patient safety and reduce medical errors through the appropriate use of best clinical practices, evidence based medicine, and health information technology under the plan or coverage; and

(D) implement wellness and health promotion activities.

(a)(2) REPORTING REQUIREMENTS.—

(b) WELLNESS AND PREVENTION PROGRAMS.—For purposes of subsection (a)(1)(D), wellness and health promotion activities may include personalized wellness and prevention services, which are coordinated, maintained or delivered by a health care provider, a wellness and prevention plan manager, or a health, wellness or prevention services organization that conducts health risk assessments or offers ongoing face-to-face, telephonic or web-based intervention efforts for each of the program’s participants, and which may include the following wellness and prevention efforts:

(1) Smoking cessation.
(2) Weight management.
(3) Stress management.
(4) Physical fitness.
(5) Nutrition.
(6) Heart disease prevention.
(7) Healthy lifestyle support.
(8) Diabetes prevention.

SEC.2718.BRINGING DOWN THE COST OF HEALTH CARE COVERAGE.,

‘‘(a) CLEAR ACCOUNTING FOR COSTS. —A health insurance issuer offering group or individual health insurance coverage shall, with respect to each plan year, submit to the Secretary a report concerning the percentage of total premium revenue that such coverage expends— ‘‘(1) on reimbursement for clinical services provided to enrollees under such coverage; ‘‘(2) for activities that improve health care quality; and ‘‘(3) on all other non-claims costs, including an explanation of the nature of such costs, and excluding State taxes and licensing or regulatory fees. The Secretary shall make reports received under this section available to the public on the Internet website of the Department of Health and Human Services. ‘‘(b) ENSURING THAT CONSUMERS RECEIVE VALUE FOR THEIR PREMIUM PAYMENTS.— ‘‘(1) REQUIREMENT TO PROVIDE VALUE FOR PREMIUM PAYMENTS.—A health insurance issuer offering group or individual health insurance coverage shall, with respect to each plan year, provide an annual rebate to each enrollee under such coverage, on a pro rata basis, in an amount that is equal to the amount by which premium revenue expended by the issuer on activities described in subsection (a)(3) exceeds— ‘‘(A) with respect to a health insurance issuer offering coverage in the group market, 20 percent, or such lower percentage as a State may by regulation determine; or ‘‘(B) with respect to a health insurance issuer offering coverage in the individual market, 25 percent, or such lower percentage as a State may by regulation determine, except that such percentage shall be adjusted to the extent the Secretary determines that the application of such percentage with a State may destabilize the existing individual market in such State. ‘‘(2) CONSIDERATION IN SETTING PERCENTAGES.—In determining the percentages under paragraph (1), a State shall seek to ensure adequate participation by health insurance issuers, competition in the health insurance market in the State, and value for consumers so that premiums are used for clinical services and quality improvements. ‘‘(3) TERMINATION.—The provisions of this subsection shall have no force or effect after December 31, 2013. ‘‘(c) STANDARD HOSPITAL CHARGES.—Each hospital operating within the United States shall for each year establish (and update) and make public (in accordance with guidelines developed by the Secretary) a list of the hospital’s standard charges for items and services provided by the hospital, including for diagnosis-related groups established under section 1886(d)(4) of the Social Security Act. ‘‘(d) DEFINITIONS.—The Secretary, in consultation with the National Association of Insurance Commissions, shall establish uniform definitions for the activities reported under subsection (a).

A. FOREGROUND: PUBLIC HEALTH CARE

1 foreground: the part of a scene or representation that is nearest to and in front of the spectator. –Merriam-Webster Dictionary. Merriam-Webster. 1828.

I'm not sure if you are familiar with the present volatility of the healthcare industry in the United States of America but failure to comply with legislation has concluded the resignation of five (5) of the prior traditional "major medical" insurance providers in the country. Here are some of the headlines dating back to October of 2015," UHC Announces $750 Million in Quarterly Losses"," UHC, AETNA, Blue Cross Blue Shield Announce Huge Losses in 2015", "UCH, Blue Cross Blue Shield Announce They Will be Permanently Withdrawing from PPACA Programs for 2017", "DOJ Sues AETNA, Humana, Cigna, and Athene Health", "AETNA Announces They Will be Withdrawing 70% of Their Coverage Areas for 2017".

This did not happen overnight. These companies are not failing because current legislation, the Patient Protection and Affordable Care Act (PPACA), imposes unrealistic penalties for noncompliance. In fact, these companies have failed due to a much more fundamental reason. These organizations have failed to serve the key purpose provided in their company's mission statement. That is to put the patient first deliver results of *improved* quality of patient care, positive health outcomes, and decreased hospital readmission results.

Premiums are multiplying almost on a daily basis, it is clear, America is destitute for a true healthcare solution (specifically; deliver results of *improved* quality of patient care, positive health outcomes, and decreased hospital readmission results) it is noted in healthcare reform that there will be areas of the United States that will have absolutely no coverages available. The average coverage available throughout North America is at best (where coverages are available) limited in range of one (1) to two (2) insurance providers, none of which are currently or prospectively operating in compliance with the Patient Protection and Affordable Care Act.

A. Perception of Compliant Comprehensive Healthcare Solutions

Perception - the ability to see, hear, or become aware of something through the senses; immediate or intuitive recognition or appreciation, as of moral, psychological, or aesthetic qualities; insight; intuition; discernment

The healthcare industry is said to be the most volatile market exchange currently in the United States of America. This perception reigns through all areas of public healthcare including patient care, provider solutions, practical application education within our institutions, employee wellness programs for employers, as well as reporting and regulatory compliance solutions for traditional insurance corporations and organizations.

With schools, back in session, people are buzzing about their need to increase their physical training to keep up with increased schedule demands and reduce stress. Student's desire increased training for sports and the ability to increase their mental focus for studies.

The greatest demand right now however, regards the sum of 70% of the United States citizens that desperately need to rehabilitate themselves from a critical disease called Obesity. Obesity plagues the greater majority of the American population and in some geographical locations (specifically but not limited to metropolitan areas where "Corporate America" is the primary employer) the obesity rate is as high as 85%. The Patient Protection and Affordable Care Act (2010) classifies Obesity as a disease that requires exponential measures in *preventative care* be executed immediately in to reduce hospital admissions, readmissions, and to imperatively reduce Americas morbidity rate.

Preventative care (alternately preventive medicine or prophylaxis) consists of measures taken for disease prevention, as opposed to disease treatment. *Preventative care* practices include professions of behavioral therapy, occupational therapy, physical therapy, physical fitness, nutrition, nutrition education, including all disciplines of wellness practitioners.

The Patient Protection and Affordable Care Act (PPACA) designates these programs be administered by healthcare providers that implement a *comprehensive* healthcare solutions. This creates an overwhelming and unique situation for today's healthcare providers. Today's public health of the United States of America hinges on providers being incredibly efficient and effective. This design requires that the healthcare provider first complete and report a needs analysis of each individual patient's treatment program prior to the program being initiated. The PPACA also designates that the delivery of these preventative healthcare solutions, comply with a capitation method of fiscal accounting.

With all of the changes in healthcare that the PPACA implement, one regulation has not changed. Legislation still requires that all employers (including but not limited to government agencies, public organization, and fortune 500 corporations) secure *preventative care* programs, comprehensive in nature, for all employees on a non-cost sharing basis. This policy continues to urge both employers and employees to engage in health programs that greatly reduce potential disease and injury in the working environment.

The Patient Protection and Affordable Care Act (PPACA) designates these programs be administered by healthcare providers that implement a Value Based Insurance Design (VBID).

2. Crisis in Public Healthcare Today, Public Perception

MEMO: ADDRESSING FALSE PUBLIC CLAIMS OF HEALTHCARE IN AMERICA TODAY

Drafted: 9/22/2016 Delivered: 9/24/2016

crisis: a time of intense difficulty, trouble, or danger. A time when a difficult or important decision must be made. The turning point of a disease when an important change takes place, indicating either recovery or death.

On Wednesday, September 21, 2016 I observed a radio talk show called "Point of View" hosted by Penna Dexter. A replay of this show can be found at https://www.youtube.com/watch?v=DCsykpSJK-4. At minute 01:37:40 the host takes a call and ensues a conversation regarding healthcare in America today. The statements made in this segment have prompted me to address the media in its entirety because we do have a responsibility to the public to report accurately and with transparency.

In order for people to have a fighting chance in their healthcare they must have an ability fully understand the dynamics of how this country really works, including business, legislation, and government. This memo will serve to put the market into a manageable perspective for the public and help to guide the public in the right direction.

PUBLIC CLAIM: (statement made during broadcast)

"My employer had good coverage (now it doesn't)."

FACT:

If you knew how to interpret your prior insurance policy(s) you would know it was not "good coverage".

Your employer covered ONLY minimal "major medical" coverage in case of injury and for incidental occurrences. Your employers' coverage only provided for you after you have been impaired. The definition of healthcare is the preservation of mental and physical health by ***preventing*** or treating illness through services offered by a healthcare professional.

Prior to the Patient Protection and Affordable Care Act, Obesity was not considered a disease. Today obesity is a disease that plagues 70-85% of American citizens. 70-85% depending upon where in the country you live.

See https://www.youtube.com/watch?v=A9ZdspL0iic&feature=youtu.be (minutes 00:08:00-00:21:30). The proper enrollment process of compliant healthcare solutions today is not done over the phone or on a computer, it is done face to face with a specific type of healthcare provider known as a Professional Health Counselor (see http://www.iiivivhealth.com).

Legislation today requires tests, evaluations, and analysis PRIOR to the individual selecting their designated treatment plan/healthcare solution for the fiscal year; this is in-part how value based insurance works. Finally, in writing (in legislation) we have the provisions for care that America really requires: ''SEC. 2713. COVERAGE OF PREVENTIVE HEALTH SERVICES. (P.P.A.C.A.) ''(a) IN GENERAL—A group health plan and a health insurance issuer offering group or individual health insurance coverage shall, at a minimum provide coverage for and shall not impose any cost sharing requirements for— ''(1) evidence-based items or services that have in effect a rating of 'A' or 'B' in the current recommendations of the United States Preventive Services Task Force; ''

Coverage has failed because healthcare providers and health insurance companies have all failed to work together to streamline patient care with interests of improved quality of care, improved health outcomes, and the reduction of potential hospital re-admissions

PUBLIC CLAIM:

"Obamacare caused my insurance premiums to go sky-high!"

FACT:

- Obamacare did not cause premiums to go sky-high. Obamacare is an online healthcare enrollment website that provides minimal coverages for individuals that do not otherwise have access to healthcare coverages
- ➢ The true cause for the actual cost of insurance premiums in today's market is directly reflective of the individuals current standing health status
- ➢ ANY increase in ANY premiums are ONLY due to the individuals preceding due diligence (or lack thereof) to maintain reasonable care of their own person; by default, it is the individuals personal neglect in their own personal health in preceding years to care for themselves and take active measures in reasonable care
- ➢ The healthcare industry has just been reset as the housing market was after the housing market crash in 2007-2008

PUBLIC CLAIM:

"My insurance doesn't cover anything I need but I still have to pay for it"

FACT:

- ➢ More than 90% of the United States population are not doctors-the public does not accurately know what it is they relatively need in their healthcare solutions
- ➢ Over 90% of Americans put minimal to no (zero) efforts in to the annual maintenance of their person (body) and contractually invest in things that impair their personal health, their families, and others around them

- It is not a prescription, a test, or a procedure that a doctor does to the patient that is the resolution
- It is a functional kitchen to prepare properly *balanced* (see Balance Nutrient Consumption – BNC at http://www.iiivivhealth.com) meals coupled with a resilient discipline to exercise their body *properly* (see Flex-101, P.C.T., F.C.T., and F.I.T. at http://www.iiivivhealth.com)
- Yes! Individuals MUST pay for their OWN medical costs now. Yes! Whether the individual uses their benefits **properly**, efficiently, and effectively or NOT.
- Yes! If you don't use it properly, payors reserve the right to pay on any benefits

PUBLIC CLAIM:

"I go everywhere and try to use my insurance but it doesn't work anywhere I go, but I still have to pay for it"

FACT:

- Traditional major health insurance companies are currently blocking new preventative providers from joining their networks to reduce their provider payouts
- Traditional major health insurance companies are already paying hundreds of millions of dollars in preventative provider payouts that were NOT "forecast" and government penalties for not providing PPACA compliant programs, that they're adding more and more stipulations making it harder for both providers to get paid, and patients to attain service
- Insurance companies have a due diligence that they have not executed; to ensure the quality of care through reporting, improve patient health outcomes, and reduce the cost of insurance premiums-THIS IS THE REASON WE BUY INSURANCE. TO ENSURE THESE OUTCOMES. HEALTH INSURANCE COMPANY'S HAVE ROBBED AMERICA OF IT'S WEALTH AND HEALTH.
- Ensuring these results does NOT benefit the profit margin of the "traditional major medical" insurance companies causing them to take whatever legal means necessary to retain their revenues
- Insurance companies have also taken funds from the government for these programs and has still failed to invest in the best interest of the patient. The government is getting their due by these imposed penalties to the health insurance companies and them letting them simply withdraw from the market quietly without any recognizance to the American public. WASHINGTON D.C., UNDER THE OBAMA-CLINTON ADMINISTRATION IS SWEEPING THIS UNDER THE RUG! Conveniently on Obama's way out as he attempts to pass the torch to Clinton.

PUBLIC CLAIM:

"It's almost like you don't have insurance now in some cases, isn't it?"

FACT:

- Again this is because individuals do NOT know how to effectively utilize their self-selected individualized healthcare program
- Individuals MUST meet with a Professional Health Counselor, attain their health status, select a treatment method that is right for them, and execute it without excuses
- This has nothing to do with the health insurer, the provider, the government or ANY other entity other than themselves; individuals MUST take responsibility for their actions

PUBLIC CLAIM:

"Obamacare hits on the economy on two keys; taxes getting raised and now we're finding out that it didn't lower insurance premiums it raised them."

FACT:

- Obamacare didn't raise the taxes. Insurance companies and providers failing to invest patient's premiums, deductibles, and co-pays into the healthcare solutions needed did.
- THE PATIENT PROTECTION AND AFFORDABLE CARE ACT **DOES** IN-FACT REDUCE HEALTHCARE PREMIUMS. AMERICANS ARE TOO SHORT-SIDED TO REALIZE THIS AND HAVE NOT EVEN BOTHERED TO READ THE DOCUMENT.

PUBLIC CLAIM:

"It's not working when you look at it from the governments perspective because people are not getting insurance, and then getting it when they get sick."

FACT:

- For the reasons in the previous section; it is not working out for the government, thus they must increase MORE taxes. America is going to pay for their healthcare-the only question is will they continue to control the cost-not with the Obama-Clinton Administration
- That is what happens when people (individual patients, providers, and insurers are not doing what they're supposed to, when they're supposed to, how they are supposed to.
- People are NOT stepping up to their responsibilities in many capacities which is why there is such an incredible cry for leadership in every market, in every industry, in every community in America right now

PUBLIC CLAIM:

"They wait until they get sick and then since there is no preceding condition that goes along with it, it is unsustainable."

FACT:

1. This is why you must get properly enrolled in a qualified healthcare plan today, so that you do have record, and a manageable resolution to all health concerns for the coming year/years
2. For more information on these programs in your area visit http://www.iiivivhealth.com
3. To submit an application for benefit's see http://www.iiivivhealth.com

PUBLIC CLAIM:

"Obamacare is unsustainable, and so I think as long as insurance companies fall off, as people cannot afford their premiums, we're going to be moving toward what was the goal anyway which was a single payor system."

FACT:

1. I agree. We are on our way to a single payor system. 365|Health & Fitness Inc. A public corporation based right here in Dallas/Ft. Worth. See http://www.iiivivhealth.com
2. The only organization that invested properly in ensuring the quality of patient care, ensuring improved health outcomes, and reduced hospital readmissions, nation-wide.
3. We are currently in critical need of ALL types and branches of healthcare providers. To become in network with us ANYWHERE in the United States of America right now see http://www.iiivivhealth.com
4. We work with all employers, small business to fortune 500 corporations, including public organizations, and federal agencies

PUBLIC CLAIM:

"And that is where the direction of the "company" is going. When you have the government controlling your healthcare (as in a socialist society), they're controlling your very life", and "That was one of the problems we had with Hillary Care back in the 90's. We're still fighting the same battle, because it has been implemented here and it's not working."

FACT:

A. Again, Obamacare is not socialism, it is an online healthcare enrollment program that provides minimal coverages for individuals that do not otherwise have access to healthcare coverages
B. Socialism has not been implemented here
C. All prior healthcare systems have failed the American public

2. Crisis in Public Healthcare Today, Provider Perception

MEMO: PROVIDERS DON'T KNOW WHAT THEY DON'T KNOW

Drafted: 8/25/2016 Delivered: 9/16/2016

Current Healthcare Providers, Insight

Current and experienced providers have all of the information required to be successful in today's health field. However, given the proper interpretation and implementation of PPACA policy, providers must now use this information in a capacity completely contradictory to all prior year's education and experience has led them. It is no secret that the current majority of "experienced" providers are all operating on outdated information, processes, and regulations.

What Does PPACA Compliance Mean for Healthcare Providers Today?

With the transition of qualified healthcare plans evolving from a "group criteria" basis that generally encompasses "major" medical coverage in the event of an incident (service for fee), to an individualized approach that emphasizes prevention of any hospital admissions what so ever, the provider's compensation schedule has respectively transformed. The entire medical field has been reset to a performance based compensation schedule. Meaning all providers regardless of their specialty, field of practice, or years in service get paid for the health problems they resolve; like a commission based sales person. Surgeons, doctors, physicians, nurses, nutritionists, physical fitness trainers, behavioral, occupational, and physical therapists are now all compensated on the same premises based on the quality of care and the services and products they provide. There are no more cushy salaries or fringe benefits being granted to "favored" providers.

In year's prior, the income of a preventative healthcare provider has only been a fraction of what a "major" medical provider earns. There's no question that most surgeons earn an income superseding six figures (+$100,000). Meanwhile the average preventative healthcare provider earns a modest income of approximately $30,000-$40,000 per year. Preventative healthcare providers are now charged with the implementation of comprehensive [PPACA compliant] treatment solutions that are compliant to the current legislation of the Patient Protection and Affordable Care Act. In doing so, preventative healthcare providers can now earn an annual income exceeding six figures (+$100,000) as their rival "major" medical providers have. In some situation's preventative healthcare providers are additionally able to establish a passive income in their practice.

Preventative Healthcare Practitioners make up 60% of the Medical Field

For the last few decades the preventative health field has been growing consistently at rates in the double digits. Today there are substantially more wellness clinics, nutrition centers, and fitness facilities across the country than there are hospitals and emergency (incidental) clinics. It is very easy to realize that the demand for preventative care is far more significant. Preventative healthcare professionals make up over 60% of the professional medical field. Meaning now, per PPACA regulations, the reality of responsible reporting and regulation are new to *60% of medical providers. Standard Operating Procedures (SOP) are new to *60% of medical providers.

With the primary urgency emphasized in patient care today being the resolution of Obesity, a disease that impairs all aspects of the body including organ function, psyche, and physical mobility, all providers agree that a comprehensive knowledge and proficiency of anatomy, physics, biomechanics, biology, chemistry, and many other sciences is required. Meaning, preventative healthcare providers, nurses, and doctors all require the same or similar education and studies. Providers agree that the key difference between a "major" medical provider and a preventative practitioner is simply the method of their prescribed treatment. "Major" medical providers apply surgery when an incident has occurred. Preventative care providers implement practices that prevent those incidents from happening often saving patients tens of thousands of dollars.

The core of patient care in America is in the preventative sector. Preventative healthcare providers are required to carry-out far more patient care procedures than the "major" medical provider's. "Major" medical providers and preventative healthcare providers are both required to commit hourly, daily, weekly, monthly, quarterly, and annual reporting of treatment procedures both prior to and concluding every treatment. The difference is that "major" medical providers (doctors) may only see each patient once per year. The relationship between the patient and their preventative healthcare provider is most often considerably more involved consisting of cooperation and numerous conversations week over week throughout the entire year. Of course, preventative healthcare providers must abide regulatory policies like H.I.P.A.A. and Standard Operating Procedures (SOP) within the industry but these education and certification programs are in place available in every county across the country just as CPR/AED certifications featuring updated curriculums as regulations are updated.

Professional Demands in Human Workforce

Most demands are provider and key professional needs that may easily be met with alumni, undergraduate, and internship opportunities employed at county, state, national universities and institutions. One of the primary reason 365|Health & Fitness is so engaged with universities like the University of North Texas (UNT) and UNT Health Science Center is the inclined diversity of potential key individuals in the healthcare, mathematics, science, and business curricula.

Professional demands in the human workforce require a practical comprehensive Provider Support Team (PST) including (but not limited to) Professional Health Counselors (PHC's), behavioral therapists, wellness professionals, nutritionists, occupational therapists, physical therapists, personal fitness trainers, primary care practitioners, registered nurses, and more. This is a magnificent problem to have at this point in time!

Providers Not Taking Action to Attain PPACA Compliance

In such an industry where the perception of policy, regulation, and authority are prevalently unclear to patients, providers, and payors, it may be estimated correctly that healthcare professionals themselves may be currently be vested in widespread beliefs of false truths. This is not only a note of skepticism, but factually true in practice.

One false truth providers believe is that the traditional health insurance companies of prior will restore the health industry again enriching the practitioner's relative field of choice. The reality is that all recent headlines in the news venues state otherwise dating back to the inception of the PPACA in 2010. Since the inception of the PPACA health insurance companies of prior have done nothing but reiterate and take action toward completely exiting the healthcare market exchange include widespread employee layoffs, closure of many corporate operations facilities, and buying back all outstanding equity and common shares in the respective market exchange.

A second widespread false truth among providers is that their procrastination to take no action in increasing their due diligence in reporting, regulation, and compliance will in some way result in deregulation of the perceived "new" healthcare policy. Many providers are unaware of their prospective financial, professional, and personal penalties impending upon their tax and other filings.

Providers are feigning ignorance of these penalties, continuing their "business as usual" methods not realizing that these penalties are being compounded day over day, week over week. Penalties are formulated on variables such as the providers' given field of expertise, number of staff or under links, participation in institutional internship programs, number of facilities, and most of the bottom-line number of patients and consultations serviced.

For Out of Network Providers

Current legislation cited in the Patient Protection and Affordable Care Act (PPACA) enacted in 2010, requires all employers provide "Coverage of Preventative Health Services" (SEC. 2713). Respectfully the PPACA also requires that all *preventative care* providers "Ensure the Quality of Care" including "Reporting Requirements" in these same "Wellness and Prevention Programs" (SEC. 2717). There is currently only one organization in North America that delivers the practical modules, education, and resources that

meet all PPACA standards allowing providers to serve patients in compliant real time practical methodologies. 365|Health & Fitness of North Texas specializes in assisting preventative healthcare providers to become qualified and contracted in-network providers with all major health insurance networks. They also provide support services for claims processing and other PPACA compliance products, services, and resources via on-line, in-home, on-site, and telephonic.

How do I ensure that I am a qualified in-network preventative healthcare provider?

Becoming an in-network provider is easier than it has ever been. To find out exactly how 365|Health & Fitness (MCO) is exploding with provider solutions that deliver compliant patient care for everyone across the country and overseas, or to find out how to get your patients and clientele enrolled in these qualified wellness, nutrition, health, and fitness services paid for by their health insurance network, providers may contact Provider Acquisitions during office hours of 9am to 4pm CST. For an on-line In-network Provider Application visit http://www.iiivivhealth.com. Email completed applications, including all contact information (provider name, primary contact, phone number, email, and specialty) to providers@iiivivfitness.com.

3. Crisis in Public Healthcare Today, Employer Perception

MEMO: EMPLOYERS, PROJECT SCOPE

Drafted: 3/1/2015 Delivered: 3/9/2016

Cognoscente Employers

The majority of employers and their human resources department, including benefits director(s), are aware that programs to improve patient health outcomes, programs to reduce the risk of disease, and programs to prevent hospital readmissions are required by law with likewise specific interest in programs that reduce stress caused by the environment of the workplace. Employers and their human resources department(s) are also aware that these programs specifically are required to be provided to the employee(s) on a non-cost sharing basis per the United States, PPACA SEC. 2717 **(See Appendix B)** and the Internal Revenue Service, [REG-138006-12] **(See Appendix B)** among other legislation.

These programs are required by law, therefor any group health plan that does not include these programs is in fact ineligible for contract of qualified health benefits. Employers who are aware of which programs to look for will sometimes state “these programs do not exist”. All prior companies that used to be eligible to participate or take part in these programs (example: Weight Watchers, 24 Hour Fitness) have (since the induction of the PPACA) been disqualified on the basis that none of these businesses, either independently or collectively, have actually proven to resolve best practices in the pursuit of optimal healthcare solutions that improve patient health outcomes, reduce health risk, and effectively prevent hospital readmissions.

Cognoscente employers don’t know who to trust in the healthcare exchange. A great majority of employers for the previous years have been being misled by third party “legal PPACA compliance entities” that have told them “pay this… we will ensure you’re legally covered in PPACA compliance” only to find out at the end of each year that they were not in compliance and that there are remaining penalties due. These unforeseen costs continue to cripple employers, organizations, and major national and international corporations.

The “Unknowing” Employer

What do human resources departments and benefits directors know about the content and policies regarding the PPACA specifically? Unknowing employers make up approximately 90% of employers. In a recent study of approximately 100 independent school districts and 500 corporations in the Southwest Region of the United States not a single (one) Human Resources, Health Benefits Director interviewed between January 2014 to present had reported to have ever read the PPACA, taken an educational course on PPACA compliance, or been advised to attend additional education programs pertaining to PPACA compliance and health benefits. Concluding employers themselves have no apparent inclination on what is, how to be, or how to maintain compliant healthcare solutions pertaining to the PPACA.

In public Human Resources Benefits Directors, Coordinators, and Executives alike share the same cause for becoming informed, and making “prospective suggestions” to their respective superiors regarding PPACA compliant healthcare solutions. These “prospective suggestions” never bare “weight” or “fruit” because the coordinators, directors, and/or executives are never instructed to resolve the conflict affirmative and absolutely. Privately, human resources coordinators, directors, and/or executives of cognoscente employers are never directly instructed to resolve the conflict affirmatively; take action to get these programs implemented throughout on an absolute basis. Ironically, in most cases the employers are removing the benefits directors for failing to resolve the healthcare compliance issue and replacing them with a new director in the interim.

4. Crisis in Public Healthcare Today, Payor Perceptions (of health insurance organizations)

MEMO: MAKING SENSE OF HEADLINES IN HEALTHCARE

Drafted: 8/25/2016 Delivered: 9/16/2016

"The Fall of Failure"

As a consequence of major health insurance companies failing to due diligence in working with providers in finding solutions that rehabilitate crippling diseases like obesity, as they were responsible to with the inauguration of the PPACA, health insurance companies are vastly reducing coverages throughout the country strictly to the areas (counties) where their "healthcare plans may possibly comply to PPACA legislation". It is still not clear if they will be compliant by January 1, 2017 to provide coverages in the fiscal year 2017. Major insurers/networks/payors that will be cutting access to programs and/or closing permanently in all sources of operations include United Health Care, AETNA, Blue Cross Blue Shield, Cigna, and Humana. Historically these were the top companies in the country that assist providers in processing claims and ensuring payment from employers that have purchased healthcare plans.

"Unforeseen Critical Health Status"

Recently health insurers like AETNA and UHC released statements that their withdrawal from the healthcare markets being that the "Unforeseen critical health status of America supersedes projected critical health status". These companies have been in business for decades in part providing year over year public health statistics to the general population in mass. Critical health risk rates have been increasing for decades. Due diligence to credential providers that were able to synergistically resolve the positive health outcomes of patients, and report on these matters were of primary charge within the context of the intended purpose of their (AETNA and UHC's) public perceived identity.

"Not enough providers"

Traditional ("major medical") health insurers have stated in press that there are currently "Not enough providers". To clarify what they mean is that there are not enough preventative healthcare providers in *their* network to service the volume of PPACA compliant programs required under contract; solutions that improve patient health outcomes, reduce the risk of disease, and prevent hospital readmissions. Programs that cause the prevention of hospital readmissions specifically are a catastrophic contradiction to vested interest of the traditional "major medical" provider. These providers would consist of physicians, surgeons, anesthesiologists, and the like, providers that only earn incomes when seeing a patient in the emergency or operating room.

One common practice of insurers to grow the premium base is to go to an area or region where they have no market share and begin to sell policies. Policies are sold to millions of employers, organizations, individuals, and families with the initial contracts typically being completed prior to any credentialing of feasible PPACA compliant providers in the given region. This then compounding the problem, there are "not enough providers" because providers are not effectively qualified and vetted prior to the insurer activating these new policies.

Insurers unable to deliver efficient and effective, practical provider solutions at the time of the induction of these new policies is another part of the reason there are "not enough providers" in *their* network. Providers have no way of knowing positively what the parameters of the qualified PPACA compliant standards are for many employer agreements because the insurers that write them disclose little to no information regarding these agreements leaving the provider essentially "in the dark". This is not the ideal conducive working environment.

There are providers in the field but traditional insurers have no effective procedures to keep record of these practices, essentially creating the false perception that these providers do not exist because nothing is being recorded.

"No compliant programs to choose from"

Unknowing providers in these regions are not explicitly informed of the requirements (if any) of these policies sold by insurers. Nor are providers informed by the insurer of any resources that may be available (if any) that are required to service these specific groups. These compliance programs should have been implemented by the insurer who authentically wrote the contracts for these health benefits. Any insurer that states "No compliant programs to choose from" should be questioned as to why their company collected premiums and contract fees without being able to furnish providers with the respective compliance modules.

In the past, companies that have sold a product that did not exist and that they had no way of attaining for delivery to the investors and customers violently went out of business. One company that made headlines for doing this repeatedly was Enron. As seen in the healthcare market today, all traditional insurance companies are experiencing the same catastrophes including mass layoffs, canceled leases on corporate buildings, liquidating furniture and other assets, and mass withdrawals from open markets.

"The PPACA imposes unrealistic regulations pertaining to patient care"

Traditional insurers failed to hold preventative health care providers accountable to the same measure of standard applied to the "major medical" field.

"People have no interest in healthcare insurance until they need it"

For years, these traditional health insurance companies have been collecting monthly premiums from patients for health services, ensuring patients that the insurer will pay one hundred percent (100%) of all preventative healthcare costs as pertaining to your health status.

Regulations Are Extremely Tight

The healthcare industry is being poised as "the most volatile market in the country and the globe" at present time. Legislation, the Patient Protection and Affordable Care act (PPACA), allows no exception for under-delivering and over-promising healthcare providers, organizations, or insurance companies. In-fact, the United States Department of Justice is intending to prosecute (or assist to have prosecuted) any healthcare provider or organization that does not have todays patients' very best interest in critical priority.

With all traditional national health insurance companies, all announcing resignation from healthcare markets altogether next year, the national infrastructure for providers will naturally fall with this. This includes providers' patient care systems, platforms for; patient care, reporting, claims processing, continued education in practical application solutions, and much, much more.

This reality only, unquestionably, overstates that the healthcare field is in immediate high demand for proficient practical healthcare providers.

Imperative Infrastructure Required

The demands experienced are varied but extremely easy to succeed. There are entire counties across North Texas and the United States that do not currently have a single qualified provider in PPACA compliant (comprehensive) healthcare solutions. For many of these counties 365|Health & Fitness and its agents have completed a "Needs Analysis" designed to determine and fulfill the patient, provider, and practical resource necessities required.

Practical sources for Professional Health Counselors, behavioral therapists, occupational therapists, physical therapists, registered nurses, dieticians, nutritionists, and much more are also in extremely high demand. Timely delivery of this PPACA compliant practical healthcare infrastructure at this time imperative to the entire future of Americas healthcare industry altogether. Installation of these systems must not fail.

National Payor Healthcare System

365|Health & Fitness is the only manage care organization currently contracted with the United States Federal Government in providing the precise comprehensive programming accredited within the policies of the PPACA. As you can imagine this puts an enormous demand on such an organization. Public organizations like Independent School Districts (ISD), government, state, city agencies and fortune 500 companies located here in the Dallas/Ft. Worth metropolitan area have registered for these critical health programs but are experiencing great shortages of providers in their respective communities. This includes Denton County and the surrounding north west area of Dallas.

5. Crisis in Public Healthcare Today, Education & Institution Perceptions

MEMO: MAKING SENSE OF HEADLINES IN HEALTHCARE

Drafted: 8/25/2016 Delivered: 9/1/2016

Increasingly High Demands for Healthcare Professionals

Hospitals, clinics, and other practical application institutions do not have the appropriate curriculum's available to develop effective healthcare providers needed within the immediate and/or impending future in their training and internship programs. Universities, trade schools, and other educational institutions do not have the appropriate curriculum's available to develop effective healthcare providers needed within the immediate and/or impending future. Universities, trade schools, and other educational institutions have all of the information required to be successful in today's educational field, however with the implementation of this information must be delivered via a curriculum that opposes the capacity contradictory to all year's prior. Universities, trade schools, and other educational institutions are all operating on outdated information and regulations.

Education Demands Pertaining to Healthcare Professionals

This demand does not only pose practical and professional demands but educational demands as well. Students must be educated on realistic and manageable; practical application methods to implement and continue effective client management functions that are comprehensive in nature. Meaning that future providers must be effective in processes of cross disciplines to ensure health solutions in one criteria do not impair or sacrifice other health functions of the patient. This is especially true in some of the most complicated cases where multiple diseases or disabilities are present.

6. Crisis of Public Healthcare Today, Regulations and Economy

MEMO: MAKING SENSE OF HEADLINES IN HEALTHCARE (Continued)

Drafted: 8/25/2016 Delivered: 9/16/2016

Obamacare what is it exactly?

The Patient Protection and Affordable Care Act (PPACA), commonly called the Affordable Care Act (ACA) or Obamacare to ley persons, is a United States federal statute enacted by President Barack Obama on March 23, 2010. Obamacare today has been deduced to simply being a generic interface at www.obamacareplans.com where stagnant healthcare programs may be purchased. These are minimal medical coverage programs consisting primarily of coverages for hospital and ambulatory services, and prescription discount programs. None of which are in fact compliant to the PPACA legislation itself as a defined Healthcare plan requiring specific individualized, comprehensive, portable, preventative healthcare solutions, that improve patient health outcomes, reduce risk of disease, and reduce the risk of hospital readmissions. This in addition to all reasons given herein prior sections of this report; specifically see MEMO: False Public Claims, MEMO: PROVIDERS DON'T KNOW WHAT THEY DON'T KNOW, & MEMO: MAKING SENSE OF HEADLINES IN HEALTHCARE).

Practical comprehension and a real world understanding of PPACA compliance in mass still eludes the regulatory agencies of the United States.

7. Crisis of Public Healthcare Today, Public Healthcare Exchange

MEMO: ADDRESSING FALSE PUBLIC CLAIMS OF HEALTHCARE IN AMERICA TODAY (Continued)

Drafted: 9/22/2016 Delivered: 9/24/2016

FALSE PUBLIC CLAIM:

RE: Single Payor System

"And that is where the direction of the "company" (Obamacare) is going. When you have, the government controlling your healthcare (as in a socialist society), they're controlling your very life", and "That was one of the problems we had with Hillary Care (a proposed single payor system) back in the '90's. We're still fighting the same battle, because it has been implemented here and it's not working."

FACT:

The PPACA privatized healthcare for Americans. Thus, the reason why PPACA compliant healthcare must today be individualized, portable, and user friendly while also delivering solutions, that improve patient health outcomes, reduce risk of disease, and reduce the risk of hospital readmissions.

B. POLICY AND RESPECTIVE CHANGES IN PUBLIC HEALTHCARE POLICY

1. Changes of Public Healthcare Implemented with the PPACA, Individual Patient Care

MEMO: Changes of Public Healthcare Implemented with the PPACA

Drafted: 8/25/2016 Delivered: 9/16/2016

Changes of Public Healthcare Implemented with the PPACA

FACT: The PPACA was written in part by healthcare providers, payors, and government representatives.

Individual insurance

1.0 Individual Mandates

a. The individual mandate is the requirement to buy insurance or pay a penalty for everyone not covered by an employer sponsored health plan, Medicaid, Medicare or other public insurance programs (such as Tricare).
b. Also exempt were those facing a financial hardship or who were members in a recognized religious sect exempted by the Internal Revenue Service.
c. The mandate and the limits on open enrollment were designed to avoid the insurance death spiral in which healthy people delay insuring themselves until they get sick.
d. In such a situation, insurers would have to raise their premiums to cover the relatively sicker and thus more expensive policies, which could create a vicious cycle in which more and more people drop their coverage.
e. The purpose of the mandate was to prevent the healthcare system from succumbing to adverse selection, which would result in high premiums for the insured and little coverage (and thus more illness and medical bankruptcy) for the uninsured.
f. Studies by the CBO, Gruber and Rand Health concluded that a mandate was required. The mandate increased the size and diversity of the insured population, including more young and healthy participants to broaden the risk pool, spreading costs. Experience in New Jersey and Massachusetts offered divergent outcomes.

2.0 Individual Protections

a. Guaranteed issue prohibits insurers from denying coverage to individuals due to pre-existing conditions.

b. States were required to ensure the availability of insurance for individual children who did not have coverage via their families.
c. States were required to expand Medicaid eligibility to include individuals and families with incomes up to 133% of the federal poverty level, including adults without disabilities or dependent children.
d. The law provides a 5% "income disregard", making the effective income eligibility limit for Medicaid 138% of the poverty level.
e. The State Children's Health Insurance Program (CHIP) enrollment process was simplified.
f. Dependents were permitted to remain on their parents' insurance plan until their 26th birthday, including dependents that no longer live with their parents, are not a dependent on a parent's tax return, are no longer a student, or are married.
g. Among the groups who remained uninsured were:
h. Illegal immigrants, estimated at around 8 million—or roughly a third of the 23 million projection—are ineligible for insurance subsidies and Medicaid. They remain eligible for emergency services.
i. Eligible citizens not enrolled in Medicaid.
j. Citizens who pay the annual penalty instead of purchasing insurance, mostly younger and single.
k. Citizens whose insurance coverage would cost more than 8% of household income and are exempt from the penalty.
l. Citizens who live in states that opt out of the Medicaid expansion and who qualify for neither existing Medicaid coverage nor subsidized coverage through the states' new insurance exchanges.

3.0 Individual Subsidies

- Households with incomes between 100% and 400% of the federal poverty level were eligible to receive federal subsidies for policies purchased via an exchange.
- Subsidies are provided as an advanceable, refundable tax credits.
- Additionally, small businesses are eligible for a tax credit provided that they enroll in the SHOP Marketplace.
- Under the law, workers whose employers offer affordable coverage will not be eligible for subsidies via the exchanges.
- To be eligible the cost of employer-based health insurance must exceed 9.5% of the worker's household income.
- Premiums were the same for everyone of a given age, regardless of preexisting conditions.
- Premiums were allowed to vary by enrollee age, but those for the oldest enrollees (age 45-64 average expenses $5,542) could only be three times as large as those for adults (18-24 $1,836).

Change in Healthcare and Insurance Standards

With all of the “new” changes in healthcare it is imperative to know and understand what is exactly included in your coverage and how to get the best help possible for achieving your wellness, health, and fitness goals today.

Obesity

Obesity is now considered a defined disease, a disease that currently plagues 69.7% of the total population of the United States of America. In the corporate environment known as “Corporate America” Obesity is crippling 85% of the total population. From 2010 to 2013 Obesity rates were down, however from 2014 to 2015 Obesity rates have increased again. Research shows it costs about $1,429 more a year to treat an unhealthy individual as compared with a person at a healthy weight and composition. The average cost to rehabilitate an unhealthy individual is the same as a tobacco smoker, $9,000-$17,000 (sometimes over a ten (10) year term.

According to the CDC, conditions related to obesity include:
• Heart disease
• Type 2 diabetes
• Cancers of the endometrium, breast and colon
• High cholesterol
• High blood pressure
• Stroke
• Liver and gallbladder disease
• Sleep apnea
• Osteoarthritis
• Gynecological issues such as abnormal menses and infertility

Under the Act

The bad news is, under the Act, starting this year companies are allowed to increase the surcharges to employees with medical conditions to thirty percent (30%) of their health insurance premiums for an average charge of about $1620 per year. In effect this allows companies to punish their employees for pre-existing conditions. Large increases in insurance premiums of up to $5000 for a family of four which also results in un-insurance or switches to cheap but stingy high deductible insurance plans (with very high up-front payments of up to $12,000 before medical care is covered).

The good news is under the new health care law, employers offer a variety of different options to patients, from working with registered dietitians and health coaches to group sessions with a professional teaching lifestyle change, to a hotline with a Professional Health Counselor who answers questions.

Plans vary widely in what they will do. Some insurers are offering telephone counseling, others cover visits with a health coach, and some cover group sessions that offer lifestyle advice. Under the health care law, plans can have doctors do the weight-loss counseling or "use medically appropriate" alternatives to meet the requirement. The requirement is the population of the United

States, being 320 million people. Insurance companies are also paying for memberships or offering discounts or reimbursements. Among those who are already obese, offer respectful long-term behavioral programs that reduce a few realistic pounds at a time, rather than fining those who fail to achieve what are nearly impossible goals.

The ACA includes regulations that set standards for insurance companies, some specified in the law, others subsequently established by the Secretary of Health and Human Services. Among these new standards are a ban on the ability to drop policyholders if they become sick, a ban on price discrimination on the basis of pre-existing conditions or gender through a partial community rating, and allowing children and dependents to remain on their parents' insurance plan until their 26th birthday.

2. Changes of Public Healthcare Implemented with the PPACA, Provider Solution

Changes in healthcare pertaining to providers requires all providers utilize ICD-10 procedural codes. This table illustrates procedures completed by different categories of providers.

5.0 Others changes effected to the healthcare delivery system that affected most of the health care system.

Not all provisions took full effect. Some were made discretionary, some were deferred, and others were repealed before implementation.

Healthcare System Mandates

- Must be *comprehensive* in nature
- Must be personalized
- Must be portable
- Must improve health outcomes
- Must reduce health risk
- Must reduce the likelihood of hospital readmissions
- Must be accessible 24/7
- Must be accessible remotely

3. Changes of Public Healthcare Implemented with the PPACA, Employee Wellness Solutions

Regulations applied to the employer market,

Employer Subsidies

a. Businesses that employ 50 or more people but do not offer health insurance to their full-time employees pay a tax penalty if the government has subsidized a full-time employee's healthcare through tax deductions or other means.
b. This is commonly known as the employer mandate.
c. This provision was included to encourage employers to continue providing insurance once the exchanges began operating.
d. Approximately 44% of the population was covered directly or indirectly through an employer.

4. Changes of Public Healthcare Implemented with the PPACA, Payor Solutions

REFORM, RIGHTS, AND REGULATIONS

Accountability measures and regulatory agency of Healthcare Administration per PPACA (2010) SEC. 2013-2718 (with reserve to expound)

5. **Cite Legislation Source:**
   a. **RESERVES THE RIGHT BY CONGRESS TO RESTRICT OR REFUSE FEDERAL FUNDING TO ANY ORGANIZATION NOT CURRENTLY IN COMPLIANCE TO HEALTHCARE CODE OF WORKING ENVIRONMENT AND/OR HEALTHCARE CODE OF CARE PER P.P.A.C.A. (2010), SEC. 2713-2718.**
6. **Cite Legislation Source:**
   a. **RESERVES THE RIGHT BY CONGRESS TO ASSIGN ADDITIONAL RESOURCES VESTED IN THE FURTHER OVERSIGHT IN THE REGULATORY COST/BENEFIT OUTCOME; WITH EMPHASIS ON COST REDUCTION**
7. **Cite Legislation Source:**
   a. **CONGRESS HEREBY EVOKES THE ALLOCATION OF $6.5M TO A MUTUALLY FUNDED ACCOUNT; BY MEDICARE & MEDICAID, FOR CONTRIBUTION TO THE REGULATORY AGENCY OR ORGANIZATION, PROPOSED H.A.A.N.A., TO BE CHARGED WITH REGULATORY OVERSIGHT, MAONAIGH CARE ACT SEC. I.(a). REF. P.P.A.C.A. (2010), SEC. 2713-2718.**

5. Changes of Public Healthcare Implemented with the PPACA, Education Curriculums

[THIS SECTION NOT PUBLIC]

6. Changes of Public Healthcare Implemented with the PPACA, Federal Administration

a. Government Healthcare (Hillary Care) vs. Privatized Healthcare (365|Healthcare)
b. GH - Effects taxes directly; cost cannot be controlled by FMV to the public

c. PH - Effects taxes directly; cost may be reduced, maintained, and controlled
d. Obamacare what is it exactly? Obamacare has been deduced to simply being an interface exchange where healthcare programs may be purchased. These are minimal coverage programs, most of which are also non-compliant to preventative healthcare regulations implemented per the PPACA

C. CRITERIA OF PPACA COMPLIANT COMPREHENSIVE HEALTHCARE SOLUTIONS

MEMO:

Drafted: 8/25/2016 Delivered: 9/16/2016

1. Criteria of PPACA Compliant Comprehensive Healthcare Solutions Programs, Patient Care

a. Must have results rating of an A or B
b. Must be individualized
c. Must be portable
d. Must improve patient health outcomes
e. Must reduce risk of critical diseases
f. Must reduce hospital readmissions
g. Premiums must be paid in a capitation module; a value based insurance design model
h. Must be annualized agreements

-in compliance to the P.P.A.C.A., SEC. 2713-2718.

2. Criteria of PPACA Compliant Comprehensive Healthcare Solutions Programs, Provider Solutions

a. Must have results rating of an A or B
b. Must be individualized
c. Must be portable
d. Must improve patient health outcomes
e. Must reduce risk of critical diseases
f. Must reduce hospital readmissions
g. Premiums must be paid in a capitation module; a value based insurance design model
h. Must be annualized agreements

-in compliance to the P.P.A.C.A., SEC. 2713-2718.

3. Criteria of PPACA Compliant Comprehensive Healthcare Solutions Programs, Employee Wellness Solutions

a. Must have results rating of an A or B
b. Must be individualized
c. Must be portable
d. Must improve patient health outcomes
e. Must reduce risk of critical diseases
f. Must reduce hospital readmissions
g. Premiums must be paid in a capitation module; a value based insurance design model
h. Must be annualized agreements

-in compliance to the P.P.A.C.A., SEC. 2713-2718.

4. Criteria of PPACA Compliant Comprehensive Healthcare Solutions Programs, Payor Solutions

a. Must have results rating of an A or B
b. Must be individualized
c. Must be portable
d. Must improve patient health outcomes
e. Must reduce risk of critical diseases
f. Must reduce hospital readmissions
g. Premiums must be paid in a capitation module; a value based insurance design model
h. Must be annualized agreements

-in compliance to the P.P.A.C.A., SEC. 2713-2718.

5. Criteria of PPACA Compliant Comprehensive Healthcare Solutions Programs, Education Curriculums

a. Must have results rating of an A or B
b. Must be individualized
c. Must be portable
d. Must improve patient health outcomes
e. Must reduce risk of critical diseases
f. Must reduce hospital readmissions
g. Premiums must be paid in a capitation module; a value based insurance design model
h. Must be annualized agreements

-in compliance to the P.P.A.C.A., SEC. 2713-2718.

6. Criteria of PPACA Compliant Comprehensive Healthcare Solutions Programs, Federal Administration

a. Must have results rating of an A or B
b. Must be individualized
c. Must be portable
d. Must improve patient health outcomes
e. Must reduce risk of critical diseases
f. Must reduce hospital readmissions
g. Premiums must be paid in a capitation module; a value based insurance design model
h. Must be annualized agreements

-in compliance to the P.P.A.C.A., SEC. 2713-2718.

II. FEDERAL RESOURCES FOR HEALTHCARE COMPLIANCE INTALLATIONS

Allocation of funds for uses of the installation of Regulatory Administration of Healthcare Legislation under P.P.A.C.A. (2010), SEC. 2713-2718.

- An allocation per annual budget of RAHL activities is to be allocated at a date no later than September 31 of the first calendar year and of a date no later than June 30th of each consecutive year
- To be distributed as fit in a capacity that duals the essential functions and operations of H.A.A.N.A.; Maonaigh Care Act, Sec. II.
- CLASSIFIACTION standards set forth by H.A.A.N.A. must be comprehensive in nature; pertaining to P.P.A.C.A. (2010), SEC. 2713-2718.
- Qualified programs must consist of a preventative wellness and immune system maintenance measures, comprehensive in nature, delivered on a value based insurance design model that exercise measures proven to sustain their effectiveness in improving patient health outcomes. Delivery of these measures must be personal, integrated, and portable.
- Qualified programs must consist of preventative and maintenance of nutrition measures, comprehensive in nature, delivered on a value based insurance design model that exercise measures proven to sustain their effectiveness in improving patient health outcomes. Delivery of these measures must be personal, integrated, and portable.
- Qualified programs must consist of a preventative and maintenance measures of cardiovascular health, comprehensive in nature, delivered on a value based insurance design model that exercise measures proven to sustain their effectiveness in improving patient health outcomes. Delivery of these measures must be personal, integrated, and portable.
- Qualified programs must consist of a preventative and maintenance measures of Proprioceptive Neuromuscular Facilitation (PNF) comprehensive in nature, delivered on a value based insurance design model that exercise measures proven to sustain their effectiveness in improving patient health outcomes. Delivery of these measures must be personal, integrated, and portable.
- Qualified programs must consist of a preventative and maintenance measures of Core Development and injury relief that are comprehensive in nature, delivered on a value based insurance design model that exercise measures proven to sustain their effectiveness in improving patient health outcomes. Delivery of these measures must be personal, integrated, and portable.
- Qualified programs must consist of a preventative and maintenance measures of Physical Development and improved performance that are comprehensive in nature, delivered on a value based insurance design model that exercise measures proven to sustain their effectiveness in improving patient health outcomes. Delivery of these measures must be personal, integrated, and portable.
- If any one component is determined to conflict, impair, or inhibit any other single or combination of components, the program is disqualified from participation in government installation or application.
- THIS: ALLOCATION OF FUNDS FOR USES OF THE IMPLEMENTATION OF A PUBLIC HEALTHCARE INITIATIVE FOR IMMEDIATE INSTALLATION ON A VERTICAL PLATFORM WITH THE INTENT TO ADJOIN ALL HEALTHCARE FIELDS; NAICS OF: 541720, 621111, 621340, 621399, 621491, 621498, 621610, 621999, 624190, 713940, 812191, 812990, 813920, 541612, 611710, 923110, 923120,

523210 ACHIEVING A VALUE BASE STANDARD ACROSS ALL EXCHANGES THAT THE PUBLIC HEALTH SECTOR IS CURRENTLY INFUENCING IN ITS VOLITILITY.

FEDERAL RESOURCES FOR PUBLIC HEALTHCARE INITIATIVES

- This grant allocates funds and resources to entities and qualified providers for the installation of clinical health & fitness facilities achieving the comprehensive compliance approval of the established HAANA
- This grant allocates funds and resources to entities for the installation of professional education, and necessary infrastructure required
- Federal resources will be allocated to the public healthcare initiative detailed within

A. VERIFIED PPACA COMPLIANT COMPREHENSIVE HEALTHCARE SOLUTIONS by NAICS

MEMO: USFCR Capabilities Statement

Drafted: 12/217/2015 Delivered: 12/17/2015

Verified solutions in public health, as in any industry, must be appropriately labeled with the best possible title that engages the prospective consumer or participant with unquestionable transparency. The Lifestyle Solutions program is the original and only public health (treatment) solution that boasts the complexity to resolve critical health issues; improve patient health outcomes, reduce the risk of disease, and prevent hospital readmissions.

365|HEALTH & WELLNESS, INC.

- 365|Health & Fitness is a United States Federal Contractor in Preventative Healthcare Solutions
- One of the only healthcare providers compliant to the policies set forth by the P.P.A.C.A.
- Featuring the only comprehensive Lifestyle Solutions Program available on the globe that is compliant to the policies set forth by the P.P.A.C.A., featuring the Critical 6 components of optimal wellness, health, and fitness.
- Dozens of providers franchising, licensing, certified and throughout the United States every day.
- A Board of Directors and Officers committed to changing and revolutionizing healthcare across the globe.

365|HEALTH & WELLNESS, INC.
Capabilities Statement

NAICS

813920, 541612, 611710, 541720, 713940, 621111, 621340, 812990

365|Health & Fitness is a United States Federal Contractor in preventative healthcare solutions. Today, one of the only healthcare organizations compliant to the policies set forth by the Patient Protection and Affordable Care Act (PPACA). With public organizations, agencies, employers, and providers, our Board of Directors and Officers stand committed to advancing healthcare solutions across the globe.

Provider

365|Health & Fitness Inc. is a Manage Care Organization, Multi-Specialty Group National Provider in Specialty Health Counseling (Lifestyle Solutions), Behavioral Analysis, Nutrition/Nutrition Education, Physical Therapy, and Occupational Therapy, Neuromuscular Facilitation, Cardiorespiratory Development, and Functional Integrated Training. We provide results by means of our precise Lifestyle Solutions Program delivered by Professional Health Counselors. All of our Solutions Services are available online (World Wide Web) on-site, in-home, and telephonic. Group discount programs are available through our Employees Wellness Solutions, including licensing and franchise options. 365|Health & Fitness is presently expanding current subscriber bases in the United States of America, Rwanda, and China.

Our refined solution of achieving optimal wellness, health and fitness is titled the Lifestyle Solutions Program (LS365). The Lifestyle Solutions Program features a number of specific formulas working synergistically to achieve absolute predictable results in positive physical adaptation. The only comprehensive Lifestyle Solutions Program available that is compliant to the standards set forth by the PPACA, featuring the Critical 6 components of optimal wellness, health, and fitness. The Lifestyle Solutions Program is effectively ideal in achieving a healthy range of physical composition, increasing physical performance, and maintaining all of the bodies integrated systems for the longevity of ones' perpetual health.

NAICS Title	Code	Common Keywords
Research and Development in the Social Sciences and Humanities	541720	Behavioral research and development services
Offices of Physicians (except Mental Health Specialists)	621111	Health screening services in physicians' offices
Physical therapy offices (e.g., centers, clinics)	621340	Offices of Physical, Occupational and Speech Therapists, and Audiologists
Offices of All Other Miscellaneous Health Practitioners	621399	Offices of All Other Miscellaneous Health Practitioners. Nutritionists' offices (e.g., centers, clinics)
HMO Medical Centers	621491	Group hospitalization plans providing health care services
All Other Outpatient Care Centers	621498	Infusion therapy centers and clinics, outpatient
Home Health Care Services	621610	Home care of nutrition, medical, elderly
All Other Miscellaneous Ambulatory Health Care Services	621999	Smoking cessation programs
Other Individual and Family Services	624190	Alcoholism counseling (except medical treatment), nonresidential
Fitness and Recreational Sports Centers	713940	Health club facilities, physical fitness
Diet and Weight Reducing Centers	812191	Diet & Weight loss centers, non-medical
All Other Personal Services	812990	Personal Fitness Trainer
Professional Organizations	813920	Health professionals' associations
Human Resources Consulting Services	541612	Organization development consulting services
Educational Support Services	611710	Test development and evaluation services, educational
Administration of Education Programs	923110	Education program administration
Administration of Public Health Programs	923120	Health planning and development agencies, government
Securities and Commodity Exchanges	523210	Engaged in furnishing physical or electronic marketplaces for the purpose of facilitating the buying and selling of stocks, stock options, bonds, or commodity contracts

SIC Codes

SIC Code		Industry Title
7200	11	Services – Personal Services
7991		Physical Fitness Facilities
7997	5	Services-Membership Sports & Recreation Clubs
8000	9	Services-Health Services
8049		Offices and Clinics of Health Practitioners, Not Elsewhere Classified
8090	9	Services-Miscellaneous Health & Allied Services, Not Elsewhere Classified
8093	11	Services-Specialty Outpatient Facilities, Not Elsewhere Classified
9431		Administrative Public Health Programs

1. Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Patient Care

Solutions for Patients

The public health patient base of the United States of America is in critical condition. Patients need programs, products, and services designed and delivered to them specifically available anywhere they may frequent on the globe. Despite living conditions, income, social standing, employment, or demographic known to man, the public needs health solutions that in fact do improve their quality of life not just for themselves but for their families as well. The public needs healthcare solutions that in fact do over time reduce their insurance premiums.

365|Health and Fitness and its providers offer a plethora of distance, individual, and group options to receive the necessary preventative health services, programs to improve performance, and relative rehabilitative solutions as required within the guidelines of the Patient Protection and Affordable Care Act (2010). Utilizing the Value-Based Insurance Design (capitation) method, present market valuation of related patient care is calculated to be in the trillions.

1.1 Health & Fitness Orientations
1.2 Jump Start Solutions
1.3 Milestones Solutions (SEE TABLE 4)
1.4 FIT Club Solutions

Our refined Solution of achieving optimal wellness, health and fitness is called the Lifestyle Solutions Program. The Lifestyle Solutions Program features a number of specific formulas working synergistically that have been proven to achieve absolute predictable results in positive physical adaptation. In other words, proven to help you achieve your wellness, health, and fitness goals.

It is our intensive purpose to exploit the realistic, safety, and efficiency of the Lifestyle Solutions module throughout the globe. The Lifestyle Solutions Program is effectively ideal in achieving a healthy range of physical composition, increasing physical performance, and maintaining all of the bodies integrated systems for the longevity of ones' personal well-being. Originally developed and intended for its results in fields of rehabilitation and increased physical performance, this program has found use in both civil and military applications. The Lifestyle Solutions Program delivers consistent and concrete results. Today demand has required a public platform leveraging the Lifestyle Solutions Program to achieve their wellness, health, fitness, and Lifestyle goals.

NAICS: 713940, 621111, 621340, 812990

As NAICS-541720 Behavioral Research and Development Services

As NAICS-621111 Health Screening Services

As NAICS-621340 Physical Therapy Offices

As NAICS-621399 Miscellaneous Health Practitioners; Nutrition Offices

As NAICS-621498 Infusion Therapy Centers (Outpatient)

As NAICS-621610 Home Care of; Elderly, Medical, Nutrition

As NAICS-621999 Smoking Cessation Programs

As NAICS-624190 Alcoholism Counseling, Nonresidential

As NAICS-713940 Health Club & Physical Fitness Facilities

Today 365|Health & Fitness provides the installation of comprehensive and compliant healthcare solutions throughout all of the United States and directly services three major metropolitan Texas markets of Dallas (population 12,000,000), Fort Worth (population 6,000,000), and Houston (population 14,000,000) totaling a prospectus patient base of 32,000,000 people with a valuated revenue total of $39.6 billion. Overcoming incredible variable and volatile swings in the healthcare market 365|Health & Fitness consistently delivers with its "Passion//Progress//Performance" designation. With over 20,000 businesses and companies currently contracted with the U.S. Federal Government, 365|Health & Fitness is the only company contracted to assist in the implementation and maintenance of healthcare solutions standards as required per the Patient Protection & Affordable Care Act. Utilizing the Value-Based Insurance Design (capitation) method, present market valuation is calculated to be in the trillions.

As NIACS-812191 Weight Management Centers, Non-medical & Nutrition

As NIACS-812990 Personal Fitness Trainer

MEMO: MILESTONES SOLUTION, FOR PROGRAMS TO IMPROVE EMPLOYEE HEALTH OUTCOMES, PROGRAMS TO REDUCE RISK OF DISEASE, PROGRAMS TO REDUCE HOSPITOL READMSSIONS

Drafted: 3/1/2015 Delivered: 3/9/2016

The Milestones Solution (MS) 2016

Milestones Solutions and Lifestyle Solutions Program

The Milestones Solution (MS) is a subscription based Solutions Program that delivers e-training, telephone counseling, and visits with a Professional Health Counselor/Coach that offers Lifestyle Solutions in weight-management, personal health management, fitness, and much more. A comprehensive Lifestyle Solutions program of skill-building in dietary and exercise habits under the guidance of a trained professional health coach, registered dietitian, or exercise specialist that achieves realistic goals, rather than failing to achieve what are nearly impossible goals.

Health & Fitness Orientations (HFO)

Composition analysis and physical performance screenings are done every 2-4 weeks which helps detail the changes each individual needs in their customized training to reach their goals. Furthermore, through those Solutions, a timeline is made much more achievable. The capability of outlining health wellness success has never been made so easy!

Composition Analysis Screenings (CAS)

Through our programs, composition analysis is done every 2-4 weeks which helps detail the changes each individual needs in their customized training to reach their goals. Furthermore, through those Solutions, a timeline is made much more achievable. The capability of outlining health wellness success has never been made so easy!

MILESTONES	F.I.T. CAMP	PRIVATE THERAPY & TRAINING
• Lifestyle Solutions Program- Complete Home Edition	• Lifestyle Solutions Program- Complete Home Edition	• Lifestyle Solutions Program- Complete Home Edition
• Update progress & performance tracking [Every 4 weeks]	• Update progress & performance tracking [Every 4 weeks]	• Update progress & performance tracking [Every 4 weeks]
• Complete Fitness Performance Analysis [Every 4 weeks] ✓ Muscular compensation ✓ Flexibility ✓ Cardio ✓ Core endurance & stamina ✓ Stabilization ✓ Upper body strength ✓ Lower body strength	• Complete Fitness Performance Analysis [Every 4 weeks] ✓ Muscular compensation ✓ Flexibility ✓ Cardio ✓ Core endurance & stamina ✓ Stabilization ✓ Upper body strength ✓ Lower body strength	• Complete Fitness Performance Analysis [Every 4 weeks] ✓ Muscular compensation ✓ Flexibility ✓ Cardio ✓ Core endurance & stamina ✓ Stabilization ✓ Upper body strength ✓ Lower body strength
• Solutions Programs Includes: [Every 4 weeks] ✓ Optimal Wellness Solutions ✓ Balanced Nutrient Consumption ✓ Progressive Cardio Training ✓ Flexibility & Corrective Training ✓ Functional Core Training ✓ Functional Integrated Strength & Resistance Training	• Solutions Programs Includes: [Every 4 weeks] ✓ Optimal Wellness Solutions ✓ Balanced Nutrient Consumption ✓ Progressive Cardio Training ✓ Flexibility & Corrective Training ✓ Functional Core Training ✓ Functional Integrated Strength & Resistance Training	• Solutions Programs Includes: [Every 4 weeks] ✓ Optimal Wellness Solutions ✓ Balanced Nutrient Consumption ✓ Progressive Cardio Training ✓ Flexibility & Corrective Training ✓ Functional Core Training ✓ Functional Integrated Strength & Resistance Training
• 60min. Private Training Session [Every 4 weeks]	• 12 Group Fitness Sessions [Every 4 weeks]	• 4 Private Training Session [Every 4 weeks]
• VIP access to Wellness, Health & Fitness and Promotional Events	• VIP access to Wellness, Health & Fitness and Promotional Events	• VIP access to Wellness, Health & Fitness and Promotional Events
• 52 week Program [Can be 'grandfathered']	• 52 week Program [Can be 'grandfathered']	• 52 week Program [Can be 'grandfathered']

Health & Fitness Orientations (HFO)

Composition analysis and physical performance screenings are done every 2-4 weeks which helps detail the changes each individual needs in their customized training to reach their goals. Furthermore, through those Solutions, a timeline is made much more achievable. The capability of outlining health wellness success has never been made so easy!

Composition Analysis Screenings (CAS)

Through our programs, composition analysis is done every 2-4 weeks which helps detail the changes each individual needs in their customized training to reach their goals. Furthermore, through those Solutions, a timeline is made much more achievable. The capability of outlining health wellness success has never been made so easy!

Professional Health Counselors (PHC)

All of our Professional Health Counselors go through a Master's Certification Program in turn providing a variety of specializations. We also work with Nutritionists, Registered Dieticians, Registered Nurses, Occupational Therapists, Behavioral Therapists, and more. We want to ensure you receive the best quality service!

MILESTONES (detail)

- Lifestyle Solutions Program-Complete Home Edition
- Update progress & performance tracking [Every 4 weeks]
- Complete Fitness Performance Analysis [Every 4 weeks]
  - ✓ Muscular compensation
  - ✓ Flexibility
  - ✓ Cardio
  - ✓ Core endurance & stamina
  - ✓ Stabilization
  - ✓ Upper body strength
  - ✓ Lower body strength
- Solutions Programs Includes: [Every 4 weeks]
  - ✓ Optimal Wellness Solutions
  - ✓ Balanced Nutrient Consumption
  - ✓ Progressive Cardio Training
  - ✓ Flexibility & Corrective Training
  - ✓ Functional Core Training
  - ✓ Functional Integrated Strength & Resistance Training
- 50min. Private Training Session
- VIP access to Wellness, Health & Fitness and Promotional Events
- 52 week Program [Can be 'grandfathered']

MILESTONES (detail)

Solutions Program	***Ses./Phase***	***Per Phase***
Milestones I	.5	$ 79.90
Milestones II	1	$ 108.14
Milestones III	2	$ 149.90
Milestones IV	4	$ 270.36
Milestones V	8	$ 540.72
Milestones VI	12	$ 811.08
Milestones VII	16	$ 1,081.44

- Vis-à-vis options are available across the United States of America. Some restrictions apply.

MILESTONES (detail)

- Behavioral Therapy
- Health-Fitness Orientations (analysis)
- Neuromuscular Facilitation
- Nutrition/ Nutrition Education
- Personal Fitness Training (exercise prescription)
- Physical Therapy
- Occupational Therapy
- Specialty Counseling

Contact Us:

www.iiivivhealth.com

PROGRAM DELIVERABLES

Following is a complete list of all project deliverables:

Deliverable	Description
A. Application – New Patient – Preventative services, Initial Evaluation	Measurements using point of care device (Ormron), Office consultation for a new or established patient, which requires these 3 key components: A comprehensive history; A comprehensive examination; and medical decision making of moderate complexity. Provider Terms & Disclosures (LS365), Counseling and/or Risk Intervention, LS365 Program (Installation)
B. Health Fitness Orientation (HFO)	Office Visit – Establish Patient, Examination – New Patient, Neuromuscular Facilitation Evaluation, Physician or other qualified health care professional services for outpatient cardiac rehabilitation; without continuous ECG (Cardio Performance Evaluation; per session), Core Strength & Performance (ROM) Evaluation, Education and Training for Self-management (1-on-1). Composition and performance analysis is completed every 2-4 weeks to effectively detail program changes required for each individual's needs in their customized training to reach their goals.
C. Health Fitness Re-Evaluation (also HFO)	Intake Form (PAR-Q), Measurements using point of care device (Omron), Office consultation for a new or established patient, which requires these 3 key components: A comprehensive history; A comprehensive examination; and medical decision making of moderate complexity. Provider Terms & Disclosures (LS365), Counseling and/or Risk Intervention, Education and Training for Self-management (1-on-1)
D. Wellness Orientation (Wellness)	Health and Behavior Intervention (1-on-1), Preventive Medicine counseling and/or risk factor reduction (individual 45mins), Education and Training for Self-management (1-on-1)
E. Nutrition Orientation (BNC)	Medical Nutrition Therapy; initial assessment and intervention (1-on-1 15 mins), Documentation of receipt of counseling on exercise and either both calcium and Vitamin D use or counseling regarding both calcium and vitamin D use, Education and Training for Self-management (1-on-1)
F. Muscular Extensibility Orientation (FLEX 101)	Therapeutic evaluation, Therapeutic re-evaluation, Therapeutic Exercise, Neuromuscular Re-education, Therapeutic Activity 1-on-1, Education and Training for Self-management (1-on-1)
Deliverable	**Description**
G. Athletic Orientation (FIT)	Athletic Training Evaluation, Therapeutic Exercise, Therapeutic Activity 1-on-1, Education and Training for Self-management (1-on-1)
H. Jump Start Solution (JS)	Three (3) 50-minute consultations/coaching sessions designated to evaluate, analyze, and structure Participants Initial Lifestyle Solutions Program specifically.
I. F.I.T. Camp (FC)	Enjoyable group fitness atmosphere with group motivation. Every four (4) weeks a new phase of the Functional Integrated Training (F.I.T.) module begins to assist in participant's progression through all of the seven (7) F.I.T. phases.
J. VFIT-TV & VFIT-LIVE!	(on-line) offers virtual wellness, health, and fitness seminars, helpful "How To" shows, fitness classes and much, much, more. A total encompassing health channel exclusive to subscribers that offers lifestyle demonstrations and coaching for weight-management, personal health management, and fitness cohesively paired with the Lifestyle Solutions provider care programming being administered by your trained Professional Health Coach (PHC) in your Milestones or FIT Camp Solution.

MENTAL HEALTH & BEHAVIORAL WELLNESS SOLUTIONS DELIVERABLES (Not limited to) FOR INDIVIDUALS AND GROUPS	
Transformational Coaching Programs- We work to empower our clients on learning about their brain, bodies, and overall health in guiding them to a better place mentally and emotionally	
Deliverable	**Description**
Free Yourself, Get Happy, and Get Set for Success	Start your engine, take stock & begin the work. Set goals & unleash your vision of your future Take care of yourself & discover your joys. Simplify and streamline for success. Identify your strengths & weaknesses, get perspective. Create positive relationships with yourself & others. Identify your blocks, design the way forwards. Get soul & learn what makes you truly happy. WRAP-UP Session Review & how to take the learnings forwards.
Prep Your Mind to Conquer Your Life	Thoughts vs Reality: You can't control the thoughts that enter your mind, but you can control what you do with them.
Goal Setting	Help find clarity about what you really want in life. Create an actionable plan for how to get there. Develop goals that inspire and pull forward instead of pushing against resistance to change. Helping set meaningful goals, not just work hard to achieve someone else's dreams, and end up feeling empty and unfulfilled.
Self-Care (5 Part Series)	Self-compassion involves treating oneself with love, care and concern-while considering personal inadequacies, mistakes, failures, and painful life situations.
Anger Management	How to control anger so you can feel good, have better relationships, and reduce stress - anger management techniques. Understand what anger is & why you get angry. Discover your dominant anger type. Catch your anger flames early before they turn into a bonfire of problems. Find the source of your anger & uproot it at the core. Breathing exercises to cool off quickly when you start to get hot. Avoid anger by consciously cultivating healthy, useful states of consciousness. Increase your emotional awareness to drastically reduce your anger & heal your negative emotions. Practical plan for applying everything in your everyday life. Spot your anger patterns quickly. Maintain composure and perspective when dealing with your anger. Create states of deep relaxation at will.
Relationship Coaching Programs	
Deliverable	Description
Transform, Heal, and Grow Love	How To Heal Love & Grow More Love With Your Partner, Children & Significant Others. Simple Tools, Powerful Outcomes
Behavioral Parent Training	Helps parents learn ways to help their child behave better. Creating house rules, organization, and routine. Using clear instructions, learning to praise good behavior, and ignoring mild, incorrect behavior. Planning and working with children in public places. Using charts and point systems with rewards and consequences. Parent together to support one another and children.

TESTING DELIVERABLES

Following is a complete list of all project deliverables:

Deliverable	Description
Active Metabolic Assessment	Active metabolic rate testing measures exactly how much oxygen you consume, and how much carbon dioxide you expire as you exercise at varying intensities to determine how many calories, and how much carbohydrates and fat you burn.
ANS Test	Autonomic testing, also known as autonomic reflex screen or autonomic response testing measures how the nervous system works to control blood pressure, heart rate and sweating.
Blood Test	a scientific examination of a sample of blood, typically for the diagnosis of illness or for the detection and measurement of drugs or other substances.
Food Sensitivity Test	Food sensitivity tests typically check how your immune system responds to different types of food.
Neuroscan Test	A neurological examination assesses motor and sensory skills, hearing and speech, vision, coordination, and balance. It may also test mental status, mood, and behavior.
PGX & GEN Test	Pharmacogenetics testing shows how genes impact the body's response to specific medicines can impact how effective and safe a drug or medication can be for you.
Physical Activity Readiness Questionnaire	PAR-Q highlights any medical conditions or physical inabilities a client may need to speak to their Professional Health Counselor to take into consideration during the term of care.
Physical Performance Test	PPT assesses multiple domains of physical function using observed performance of tasks that stimulate activities of daily living of various degree of difficulty.
Resting Metabolic Assessment	Resting metabolic rate testing shows how many calories your body burns at rest, giving you the data, you need to plan a weight loss, weight gain, or weight maintenance plan designed to succeed. We will measure the calories your body needs to sustain function while at rest.

LIFESTYLES SOLUTION DELIVERABLES (Not limited to)

LESSONS 1-7 (OF 122)

Series #	Critical 6	Title	Description
1	LS365	The Critical 6	Knowing what needs to happen to your body to get you to your goal(s) is not the same as knowing how. The equation to achieving "how" is in the…
2	LS365	Ground Rules	LS365 is structured of just a few thumb rules. Changing you comes from changing your mind. In your decision making over the first few weeks…
3	LS365	Game Starter	Let's get down to the "nitty-gritty!" This is what it's all about: the Fat Chart! This chart is what truly reflects how you feel, what you look like, a…
4	LS365	Reasonable Goal	For most people the misconception is "I have to lose weight!" Well I'm here to tell you, it's not your weight that is the problem. The problem is…
5	SOS	Cleanse	Your body consists of many systems, most importantly the circulatory system, the immune system, and the digestive system. The digestive…
6	BNC	Consumption	The guidelines for optimal nutritional consumption are generally the same regardless of lifestyle. Sedentary individuals should consume their…
7	FLEX	Postural Alignment	Proper postural alignment is derived from effective proper postural stabilization. They are essentially the same. To achieve proper postural…

LIFESTYLES SOLUTION DELIVERABLES (Not limited to)
LESSONS 8-20 (OF 122)

Series #	Critical 6	Title	Description
8	PCT	Kickoff the Cardio	I suppose the remaining question begs "how do I start?!" Getting started is easy. I recommend beginning first on the elliptical machine. This piece…
9	FIT	Fitness Variables	Typically people have no problem finding out what exercise does what. For example, to exercise your pecks, do a chest press of some sort…
10	FCT	INCEPTION	Many individuals have developed strength, power, neuromuscular control, and muscular endurance; very few people have properly…
11	SOS	Fluids	Of all nutrients, water is the single most important. Fifty to sixty percent of the body's overall mass is water. The heart, liver, and other muscles…
12	BNC	Supplementation	Supplementation is in fact the solution to prevent and overcome marginal nutrient deficiencies linked to chronic diseases to achieve…
13	FLEX	Activation vs. Stimulation	As I said previously, progressively training harder does not necessarily mean progressively heavier and heavier. One of the very common errors…
14	PCT	Rate of Progression	Let's say you burn 100 calories in 10 minutes during your cardio burn assessment. Therefore if you start with 30 minutes of cardio and you're…
15	FIT	HOLLYWOOD	Stabilization II The kinetic chain comprises the muscular, skeletal, and nervous system. If you're just getting started, your motor neurons of the…
16	FCT	Circuit Training	Circuit Training System Circuit training systems consist of a series of exercises completed in succession with minimal rest. Typically each…
17	SOS	ADVANCED: Enrobing Process	A supplement's, or compound's, effectiveness is reliant on the compound's enrobing process. The enrobing process is the process in…
18	BNC	Multivitamin	The fact is that multivitamins produced these days are typically designed to accommodate the general population. Two things we know about the…
19	FLEX	Proper Technique	Proper Technique It is dire that you comprehensively understand that all of this information is relevant. If you want to be successful at something…
20	PCT	Breathe	The key to succeeding in Progressive Cardiovascular Training is to not fall victim to Dysfunctional Breathing. An example of Dysfunction Breathing is…

FITNESS SOLUTION DELIVERABLES (Not limited to)
ASSESSMENTS, CORE, CORRECTIVE, STRENGTH, AND RECOVERY PROGRAMS

Physical Performance Assessments - All ages

- Physical Performance Assessment
- Physical Performance Assessment - Modified
- Physical Performance Assessment - Modified (Lower)
- Physical Performance Assessment - Modified (Upper)

Corrective & Recovery I - Basic

- Adductor
- Back
- Calves
- Hamstrings & Glutes
- IT Band/TFL

Corrective & Recovery II - Advanced

- Back SMR
- Back (Static) w/Hip Complex (Core)

Inception I & II

- Inception Day 1
- Inception Day 1 v2.0
- Inception Day 1 v3.0
- Inception Day 2
- Inception Day 2 v2.0
- Inception Day 3
- Inception Day 3 v2.0
- Inception Day 4

Hardrock I & II

- Hardrock Day 1
- Hardrock Day 2
- Hardrock Day 3
- Hardrock Day 4

Die Hard I & II

- Die Hard Day 1
- Die Hard Day 2
- Die Hard Day 3
- Die Hard Day 4

Hollywood I & II

- Hollywood Day 1
- Hollywood Day 2
- Hollywood Day 3
- Hollywood Day 4
- V-Day VFIT

Maximus I & II

- Maximus Day 1
- Maximus Day 2
- Maximus Day 3
- Maximus Day 4

Rockstar I & II

- Rockstar Day 1
- Rockstar Day 2
- Rockstar Day 3
- Rockstar Day4

Spartan I & II

- Spartan Day 1
- Spartan Day 2
- Spartan Day 3
- Spartan Day 4

MILESTONES SOLUTION DELIVERABLES
Following is a complete list of all project deliverables:

MSIV Platinum Exclusive Lifestyle offers HFOs every service cycle (4 weeks) and the core wellness module (FIT, PCT, FLEX101, BNC) in the middle of each service cycle

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	4	4	4	4	32

MSIV Platinum Exclusive Wellness Similar to the Platinum Exclusive Lifestyle, Platinum Exclusive Wellness replaces the FIT modules with the Wellness Orientation module

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	4	4	4	4	N/A	31

MSIV Platinum Exclusive Athlete offers HFOs every service cycle (4 weeks) with Athletic Training in the middle of each service cycle

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	1	1	1	N/A	19

MSV Premier Lifestyle offers HFOs every service cycle (4 weeks and the core wellness module every week of the service cycle

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	14	14	14	14	72

MSV Premier Wellness similar to the Premier Lifestyle, Premier Wellness replaces the FIT modules with the Wellness Orientation module

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	14	14	14	14	N/A	71

MSV Premier Athlete offers HFOs every service cycle (4 weeks) with Athletic Training every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15		1	1	1	53	71

MSVI Exclusive Lifestyle offers HFOs every service cycle (4 weeks) with a core wellness module (FIT, PCT, FLEX 101, BNC) and athletic training session every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	14	14	14	52	110

MSVI Exclusive Wellness similar to the Exclusive Lifestyle, Exclusive Wellness replaces the FIT modules with the Wellness Orientation module

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	28	27	27	27	1	1	111

MSVI Exclusive Athlete offers HFOs every service cycle (4 weeks) with 2 athletic training sessions every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	1	1	1	104	123

MSVII Platinum Lifestyle offers HFOs every service cycle (4 weeks) with a core wellness module and 2 atheltic training sessions every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	14	14	14	104	162

MSVII Platinum Wellness similar to the Platinum Lifestyle, Platinum Wellness replaces the FIT modules with the Wellness Orientation Module

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	54	53	53	1	1	1	163

MSVII Platinum Athlete offers HFOs every service cycle (4 weeks) with 3 athletic training sessions every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	1	1	1	155	174

MSVIII Platinum Exclusive Lifestyle offers HFOs every service cycle (4 weeks) with a core wellness module and 3 athletic training sessions every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	54	1	53	53	53	155	369

MSVIII Platinum Exclusive Wellness similar to the Platinum Exclusive Lifestyle, Platinum Exclusive Wellness replaces the FIT modules with the Health and Behavior module

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	54	53	53	53	1	155	369

MSVIII Platinum Exclusive Athlete offers HFOs every service cycle (4 weeks) with 4 athletic training sessions every week

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	1	1	1	1	206	225

MSIII.VI.V. offers HFOs every service cycle and alternating athletic and PCT sessions every day for the entire year of programming

	HFO	Wellness	BNC	FLEX101	PCT	FIT	TOTAL VISITS
Annualized	15	N/A	N/A	N/A	168	180	363

The F.I.T. Camp Solution (FC) 2016

The F.I.T. Camp Solutions and Lifestyle Solutions Program

The F.I.T. Camp Solution (MS) is a subscription based Solutions Program that delivers e-training, telephone counseling, and visits with a Professional Health Counselor/Coach that offers Lifestyle Solutions in weight-management, personal health management, fitness, and much more. A comprehensive Lifestyle Solutions program of skill-building in dietary and exercise habits under the guidance of a trained professional health coach, registered dietitian, or exercise specialist that achieves realistic goals, rather than failing to achieve what are nearly impossible goals.

2. Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Provider Care

As NIACS-813920 Health Professionals' Organization

Solutions for Provider Care

The public health patient base of the United States of America is in critical condition. Patients need programs, products, and services designed and delivered to them specifically available anywhere they may frequent on the globe. Despite living conditions, income, social standing, employment, or demographic known to man, the public needs health solutions that in fact do improve their quality of life not just for themselves but for their families as well. The public needs healthcare solutions that in fact do over time reduce their insurance premiums.

365|Health and Fitness and its providers offer a plethora of distance, individual, and group options to receive the necessary preventative health services, programs to improve performance, and relative rehabilitative solutions as required within the guidelines of the Patient Protection and Affordable Care Act (2010). Utilizing the Value-Based Insurance Design (capitation) method, present market valuation of related patient care is calculated to be in the trillions.

1.5 Health & Fitness Orientations
1.6 Jump Start Solutions
1.7 Milestones Solutions (SEE TABLE 4)
1.8 FIT Club Solutions

Our refined Solution of achieving optimal wellness, health and fitness is called the Lifestyle Solutions Program. The Lifestyle Solutions Program features a number of specific formulas working synergistically that have been proven to achieve absolute predictable results in positive physical adaptation. In other words, proven to help you achieve your wellness, health, and fitness goals.

It is our intensive purpose to exploit the realistic, safety, and efficiency of the Lifestyle Solutions module throughout the globe. The Lifestyle Solutions Program is effectively ideal in achieving a healthy range of physical composition, increasing physical performance, and maintaining all of the bodies integrated systems for the longevity of ones' personal well-being. Originally developed and intended for its results in fields of rehabilitation and increased physical performance, this program has found use in both civil and military applications. The Lifestyle Solutions Program delivers consistent and concrete results. Today demand has required a public platform leveraging the Lifestyle Solutions Program to achieve their wellness, health, fitness, and Lifestyle goals.

PROGRAM DELIVERABLES

Following is a complete list of all project deliverables:

Deliverable	Description
1.0 Consulting	Cost is derived by the extent of the required care per group; groups and employers.
2.0 Credentialing	
3.0 Lifestyle Solutions Program (LS365)	Cost is derived by the chosen method of curriculum delivery chosen by the individual; individuals, groups, providers, employers, and carriers.
4.0 Individual Provider License and Professional Health Counselor Certification (IPL-PHC)	The IPL utility license and PHC certification consists of the installation, and education of the LS365 software solutions program and practical application certification curricula in professional healthcare (or health care) services and solutions for onsite group and individual patient care management.
5.0 Clinic Provider License and Professional Health Counselor Certification(s) (CPL-PHC)	The CPL utility license and PHC certification consists of the installation, and education of the LS365 software solutions program and practical application certification curricula in professional healthcare (or health care) services and solutions for onsite group and individual patient care management.

3. Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Employee Wellness Solutions

MEMO: LIFESTYLE SOLUTIONS, TREATMENT OPTIONS FOR PROGRAMS TO IMPROVE EMPLOYEE HEALTH OUTCOMES, PROGRAMS TO REDUCE RISK OF DISEASE, PROGRAMS TO REDUCE HOSPITOL READMSSIONS

Drafted: 3/1/2015 Delivered: 3/9/2016

Empower: Group Healthcare Solutions for Employers and Organizations

- Employee Wellness Solutions
- Features all Solutions programs available a la carte
- 1st year enrollment (per provider) $5,100.00
- Annual subscription dues (per provider) $2,500.00*

*Includes all expenses required to perform effective annual needs analysis and reporting

As NAICS-541612 Human Resources Consulting Services

Solutions for Employers

Employers in today's market are in great need of implementing the "Coverage of Preventative Health Services" (PPACA, SEC. 2713 (a)(1)) as required. With today's major healthcare insurance companies failing to deliver these solutions and consistently announcing sooner than expected with-drawls from these markets, it is safe to say demand is critically high. These are crucial healthcare products and services every employer across the United State of America is, by law, responsible to provide on a non-cost sharing basis; but until now, with 365|Health & Fitness, have not been able to properly secure. Utilizing the Value-Based Insurance Design (capitation) method, present market valuation is calculated to be in the billions.

1.1 365|Health & Fitness is currently in communications for the installation of the Lifestyle Solutions program to be made available to ALL employees, vendors, agents, and officers with thirty (30) public organizations, twenty (20) government agencies, and thirty-eight (38) Fortune 500 companies. (SEE TABLE 1)

1.2. 365|Health & Fitness currently in negotiations for the installation of the Lifestyle Solutions program to be made available to ALL employees, vendors, agents, and officers with eighteen (18) public organizations, twenty (20) government agencies, and six (6) Fortune 500 companies. (SEE TABLE 2)

1.3 Registration and filings are complete for the implementation of the Lifestyle Solutions program to be made available to ALL employees, vendors, agents, and officers with ten (10) new public organizations, one (1) new government agency, and one (1) new Fortune 500 companies. (SEE TABLE 3)

NAICS Code 541612 Human Resources Consulting Services**

Description

This U.S. industry comprises establishments primarily engaged in providing advice and assistance to businesses and other organizations in one or more of the following areas: (1) human resource and personnel policies, practices, and procedures; (2) employee benefits planning, communication, and administration; (3) compensation systems planning; and (4) wage and salary administration.

Cross References

Establishments primarily engaged in providing professional and management development training are classified in industry 611430, professional and management development training; listing employment vacancies and in selecting, referring, and placing applicants in employment--are classified in U.S. industry 561311, employment placement agencies; and providing executive search, recruitment, and placement services--are classified in U.S. industry 561312, executive search services.

Illustrated Examples

Benefit or compensation consulting services employee assessment consulting services personnel management consulting services human resources consulting services

SIC/NAICS Codes

SIC CODES

- 7361 Employment Agencies
- 8742 Management Consulting Services
- 8999 Services, not elsewhere classified

NAICS CODES

- 541612 Human Resources Consulting Services

****These solutions are currently being provided via our nationwide Employee Wellness Solutions program.**

Solutions for Employers

The public health patient base of the United States of America is in critical condition. Patients need programs, products, and services designed and delivered to them specifically available anywhere they may frequent on the globe.

Despite living conditions, income, social standing, employment, or demographic known to man, the public needs health solutions that in fact do improve their quality of life not just for themselves but for their families as well. The public needs healthcare solutions that in fact do over time reduce their insurance premiums.

365|Health and Fitness and its providers offer a plethora of distance, individual, and group options to receive the necessary preventative health services, programs to improve performance, and relative rehabilitative solutions as required within the guidelines of the Patient Protection and Affordable Care Act (2010). Utilizing the Value-Based Insurance Design (capitation) method, present market valuation of related patient care is calculated to be in the trillions.

1.9 Health & Fitness Orientations
1.10 Jump Start Solutions
1.11 Milestones Solutions (SEE TABLE 4)
1.12 FIT Club Solutions

Our refined Solution of achieving optimal wellness, health and fitness is called the Lifestyle Solutions Program. The Lifestyle Solutions Program features a number of specific formulas working synergistically that have been proven to achieve absolute predictable results in positive physical adaptation. In other words, proven to help you achieve your wellness, health, and fitness goals.

It is our intensive purpose to exploit the realistic, safety, and efficiency of the Lifestyle Solutions module throughout the globe. The Lifestyle Solutions Program is effectively ideal in achieving a healthy range of physical composition, increasing physical performance, and maintaining all of the bodies integrated systems for the longevity of ones' personal well-being. Originally developed and intended for its results in fields of rehabilitation and increased physical performance, this program has found use in both civil and military applications. The Lifestyle Solutions Program delivers consistent and concrete results. Today demand has required a public platform leveraging the Lifestyle Solutions Program to achieve their wellness, health, fitness, and Lifestyle goals.

PROGRAM DELIVERABLES

Following is a complete list of all project deliverables:

Deliverable	Description
1.0 Consulting	
2.0 Group Wellness Solutions (EWS)	These are Group Wellness Solutions developed to suit the specific needs of large group(s) of enrollees and participants occasionally also providing administrative support in recording and reporting.
3.0 Mental Health Solutions Platform (MHP)	These are Mental Health Solutions developed to suit the specific needs of large group(s) of enrollees and participants occasionally also providing administrative support in recording and reporting.
4.0 Milestones Solution Platform (MSP)	Provides e-training, telephone counseling, and visits with a health coach that offers lifestyle advice for weight-management, personal health management, fitness, and a comprehensive Lifestyle Solutions program of skill-building in dietary and exercise habits under the guidance of a registered dietitian, a trained professional health coach, or exercise specialist that achieves realistic goals, rather than failing to achieve what are nearly impossible goals.
5.0 Lifestyle Solutions Program (LS365)	Hybrid-wellness, nutrition, flexibility, cardio, core & total body resistance training program that simplifies all components of healthy living. This twenty-eight week "plug and play" program establishes your desired RESULTS.
6.0 Individual Provider License and Professional Health Counselor Certification (IPL PHC)	The IPL utility license and PHC certification consists of the installation, and education of the LS365 software solutions program and practical application certification curricula in professional healthcare (or health care) services and solutions for onsite group and individual patient care management.
7.0 Clinic Provider License and Professional Health Counselor Certification(s) (CPL-PHC)	The CPL utility license and PHC certification consists of the installation, and education of the LS365 software solutions program and practical application certification curricula in professional healthcare (or health care) services and solutions for onsite group and individual patient care management.

4. Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Payor Solutions

- AIC: Professional Credentialing Solutions
- Administrative and Industry Credentialing Solutions
- 1st year enrollment (per provider) $550.00
- Annual membership dues (per provider) $250.00

As NAICS-813920 Professional Organization

Solutions for Providers, Credentialing

365|Health & Fitness currently retains the sole right to credential providers for the purposes of implementing comprehensive healthcare solutions compliant to PPACA. Every provider in North America requiring registration to provide preventative health services, programs to improve performance, and relative rehabilitative solutions must be credential accordingly by 365|Health & Fitness, its vendors, agents, directors, and/or officers. Implementing a general practice standard for credentialing utilizing capitation method presents a market valuation calculated to be in the in the millions. (SEE TABLE 6)

NAICS Code 813920 Professional Organizations*

Description

This industry comprises establishments primarily engaged in promoting the professional interests of their members and the profession as a whole. These establishments may conduct research; develop statistics; sponsor quality and certification standards; lobby public officials; or publish newsletters, books, or periodicals, for distribution to their members.

Cross References

Establishments primarily engaged in-- promoting the business interests of their members--are classified in industry 813910, business associations; and lobbying public officials (i.e., lobbyists)--are classified in industry 541820, public relations agencies.

Illustrated Examples

Bar associations learned societies dentists' associations, peer review boards engineers' associations, professional standards review boards, health professionals' associations, scientists' associations

SIC/NAICS Codes

SIC CODES

- 8621Professional Membership Organizations

NAICS CODES

- 813920Professional Organizations

NAICS Code 541720 Research and Development in the Social Sciences and Humanities

Solutions for Providers, Payor/Insurer Solutions

Employers and providers alike are in urgent need of a solution that delivers the standard required within guideline of “Ensuring the Quality of Care” (PPACA, SEC. 2717). For providers, we host a core of professional business products and services including credentialing, state and federal registration services for their practice, patient claims processing services, and technical support for the installation of required PPACA compliance healthcare solutions (such as the Lifestyle Solutions Program). A trove of local clinics, hospitals, and ambulatory facilities can benefit the communities they serve with implementing the Lifestyle Solutions patient care products, services, and procedures. Implementing a general practice standard Utility License (capitation) method for Solutions presents a market valuation calculated to be in the in the billions. (SEE TABLE 7)

365|Health & Fitness currently has over fifty (50) Providers across three major metropolitan Texas markets, Dallas, Fort Worth, and Houston servicing areas of expertise that surpass Counseling in Lifestyle Solutions, behavioral therapy, nutrition/nutrition education, occupational therapy, nursing, physical therapy, and personal fitness training.

Description

this industry comprises establishments primarily engaged in conducting research and analyses in cognitive development, sociology, psychology, language, behavior, economic, and other social science and humanities research.

Cross References

establishments primarily engaged in marketing research are classified in industry 541910, marketing research and public opinion polling.

SIC/NAICS Codes

SIC CODES

- 8732Commercial Economic, Sociological, and Educational Research
- 8733Noncommercial Research Organizations

NAICS CODES

- 541720Research and Development in the Social Sciences and Humanities

PROGRAM DELIVERABLES

Following is a complete list of all project deliverables:

Deliverable	Description
1.0 Consulting	
2.0 Group Wellness Solutions (EWS)	These are Group Wellness Solutions developed to suit the specific needs of large group(s) of enrollees and participants occasionally also providing administrative support in recording and reporting.
3.0 Mental Health Solutions Platform (MHP)	These are Mental Health Solutions developed to suit the specific needs of large group(s) of enrollees and participants occasionally also providing administrative support in recording and reporting.
4.0 Milestones Solution Platform (MSP)	Provides e-training, telephone counseling, and visits with a health coach that offers lifestyle advice for weight-management, personal health management, fitness, and a comprehensive Lifestyle Solutions program of skill-building in dietary and exercise habits under the guidance of a registered dietitian, a trained professional health coach, or exercise specialist that achieves realistic goals, rather than failing to achieve what are nearly impossible goals.
5.0 Lifestyle Solutions Program (LS365)	Hybrid-wellness, nutrition, flexibility, cardio, core & total body resistance training program that simplifies all components of healthy living. This twenty-eight week "plug and play" program establishes your desired RESULTS.
6.0 Individual Provider License and Professional Health Counselor Certification (IPL PHC)	The IPL utility license and PHC certification consists of the installation, and education of the LS365 software solutions program and practical application certification curricula in professional healthcare (or health care) services and solutions for onsite group and individual patient care management.
7.0 Clinic Provider License and Professional Health Counselor Certification(s) (CPL-PHC)	The CPL utility license and PHC certification consists of the installation, and education of the LS365 software solutions program and practical application certification curricula in professional healthcare (or health care) services and solutions for onsite group and individual patient care management.

5. Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Education Curriculums

Various Education Curriculums Available

A. Health/Health Education
B. Mental/Behavioral Education
C. Special Education

A. The Lifestyle Solution (LS) 2016

The Lifestyle Solution is a hybrid-wellness, nutrition, flexibility, cardio, core & total body resistance training program that simplifies all components of healthy living and delivers this Lifestyle in an easy to follow 28 week "plug and play" program to establish your desired Lifestyle! This Lifestyle Solution guide, tools, and coaching resources will walk you through every nuance of this simple science simplifying all the components of your daily, weekly, and annual Personal Wellness, Health and Fitness.

This fifty-two (52) week "plug and play" program establishes desired results. The Lifestyle Solutions' guide, tools, and coaching resources will deliver every nuance of this comprehensive solution simplifying the ***Critical 6*** components of your daily, weekly, and annual personal wellness, health and fitness.

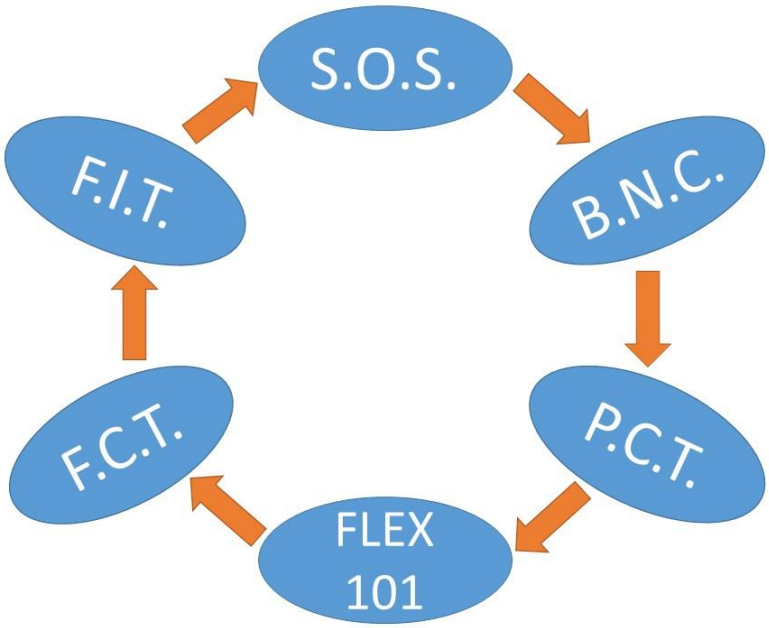
Lifestyle Solutions ***Critical 6***

- Balance Nutrient Consumption
- Corrective Exercise & Flexibility
- Functional Integrated Training
- Functional Core Training
- Progressive Cardio Training
- Simple Optimal Solution for Wellness

Lifestyle Solutions Program Includes:

-S.O.S. Wellness Solutions
-Balance Nutrient Consumption
-Flexibility Exercises
-Progressive Cardio Training
-Precision Core Training
-Functional Integrated Training
-LS365 Lifestyle Solutions Guide
-How to Succeed Coaching Videos

The Critical 6 Components of the LS365-Lifestyle Solutions Program



S.O.S. the Simple Optimal Solution module for wellness is a concrete approach to optimal detoxification, organ, and immune system wellness that is ideal for your daily, weekly, and annual optimal physical health for today and years to come.

B.N.C. the Balanced Nutrient Consumption program NEVER talks about calories, fat, or "points"! The primary focus of the LS365-BNC Solution is in the precise needs of your body's progress and goals. Balance Nutrient Consumption is a unique system that focuses on the solutions instead of the problems, overcoming nutrient deficiency and its related diseases permanently.

P.C.T. the Progressive Cardio Training module is a "get started now" systematic means of establishing effective cardiorespiratory health and complies with the respective parameters set forth by the American Heart Association.

FLEX-101 this systematic approach and practical application of proper flexibility and corrective exercise techniques provides you with optimal performance and development of all of your body's muscles.

F.C.T. the Functional Core Training module, consisting of four (4) core muscle development phases, delivers results that have proven to prevent future injuries in both life and fitness training, increase physical performance ability, and achieve positive physical adaptation week over week, month over month, and year after year.

F.I.T. the Functional Integrated Training strength and resistance training module complies with, and expounds upon, the parameters set forth by the top three most highly accredited national certification boards in Personal Fitness Training. Namely, the National Exercise and Sports Trainers Association N.E.S.T.A.), the National Academy of Sports Medicine (N.A.S.M.), and the National Council on Strength and Fitness (N.C.S.F.). This seven (7) phase workout and resistance training module features built in safety and progression parameters that are easy to understand and execute effectively.

As NAICS-611710 Educational Support Services

Solutions for Educators

Educators achieve the greatest heights in providing the Practical Application of Healthcare Implementation curriculums to their math, economy, business, and healthcare proprieties. Graduates will benefit greatly in their transition from institution to industry. Throughout the country 365|Health & Fitness is locking arms with great schools and universities, implementing internship and vocational programs that ensure individual and group success in their chosen profession. Implementing a general practice standard Utility License (capitation) method for Solutions presents a market valuation calculated to be in the in the millions. (SEE TABLE 5)

NAICS Code 611710 Educational Support Services

Description

This industry comprises establishments primarily engaged in providing non-instructional services that support educational processes or systems.

Cross References

Establishments primarily engaged in-- providing job training for the unemployed, underemployed, physically disabled, and persons who have a job market disadvantage because of lack of education or job skills--are classified in industry 624310, vocational rehabilitation services; and conducting research and analyses in cognitive development--are classified in industry 541720, research and development in the social sciences and humanities.

Illustrated Examples

Educational consultants, educational testing services, educational guidance, counseling services, student exchange programs, educational testing, evaluation services

SIC/NAICS Codes

SIC CODES

- 8299Schools and Educational Services, not elsewhere classified
- 8748Business Consulting Services, not elsewhere classified

NAICS CODES

- 611710Educational Support Services

6. Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Federal Administration

PROVIDER/PAYOR: 365|Health & Fitness Inc. in cooperation with the department of Healthcare Administration Agency of North America

- 365|Health & Fitness has been instructed to engage local, city, county, and state agency branches to secure a local chapter {a Co-op} charged with overseeing the responsibility of overseeing the regulatory policies of the Patient Protection and Affordable Care Act are interpreted, implemented, and accounted for regarding comprehensive care, healthcare reform, including preventative care, and healthcare solutions as defined by the Patient Protection and Affordable Care Act.
- The scope of this regulatory agency will report on the quality of patient care, providers compliance in reporting standards, and employers compliance to provide comprehensive healthcare solutions on a value based insurance model as current legislation of the Patient Protection and Affordable Care Act so clearly designate.
- Of more than 20,000 business and organizations contracted with the United States Federal Contractor Registration, 365|Health & Fitness is the **ONLY** company contracted to provide these regulatory health services within the United States and to our fellow allies abroad that are also currently contracted with the United States Federal Contractor Registrar.
- CMO
- PPO/NPP
- VBID

NAICS Code 923120 - Administration of Public Health Programs

Description

This industry comprises government establishments primarily engaged in the planning, administration, and coordination of public health programs and services, including environmental health activities, mental health, categorical health programs, health statistics, and immunization services. Government establishments primarily engaged in conducting public health-related inspections are included in this industry.

Cross References

Government establishments primarily engaged in-- operating hospitals (i.e., government or military)--are classified in subsector 622, hospitals; providing health care in a clinical setting (i.e., military or government clinics)--are classified in subsector 621, ambulatory health care services; and inspecting food, plants, animals, and other agriculture products--are classified in industry 926140, regulation of agricultural marketing and commodities.

Illustrated Examples

Communicable disease program administration, public administration mental health program administration, public administration coroners' offices, public administration public health program administration, non-operating, public administration health program administration, public administration

SIC/NAICS Codes

SIC CODES

- 9431Administration of Public Health Programs

NAICS CODES

- 923120Administration of Public Health Programs

NAICS Code 923110 - Administration of Education Programs

Description

This industry comprises government establishments primarily engaged in the central coordination, planning, supervision and administration of funds, policies, intergovernmental activities, statistical reports and data collection, and centralized programs for educational administration. government scholarship programs are included in this industry.

Cross References

Schools and local school boards are classified in subsector 611, educational services.

Illustrated Examples

Education offices – non-operating, public administration state education departments, education statistics centers - government, university regents or boards - government

SIC/NAICS Codes

SIC CODES

- 9411Administration of Educational Programs

NAICS CODES

VII. 923110Administration of Education Programs

B. REPORT: IMMEDIATE DEMAND FOR VERIFIED PPACA COMPLIANT HEALTHCARE SOLUTIONS

Public Healthcare Initiative: of the **UNITED STATES OF AMERICA** (Immediate)

It was noted on March 1, 2022 that recent census data published by the Center for Disease Control (CDC) projects a 50% Obesity Rate in the United States of America by the year 2030.

It is substantial to note that the Center for Disease Control (CDC) gauges obesity in these charts (above) utilizing the Body Mass Index (BMI) parameters. This is an outdated measure of diagnostic practice implemented by doctors in the medical field today. As it pertains to *preventative healthcare*, the *preventative healthcare* field, and the PPACA the unit of measure advised in current markets upon the patients initial health analysis is the patient's Body Fat Percentage (BF or BFP). When these maps are translated utilizing BF measurements as provided by the LS365-Lifestyle Solutions (Solutions) program health status indexes at http://www.iiivivfitness.com/TOC_MileStones2.htm these critical health statistics are far worse. In short, at present, seventy percent (70%) of the public population in the United States is classified as clinically obese. That is for men a BF of more than twenty-five percent (25%) and for women a BF of more than thirty-one percent (31%). These rates are also increasing in severity year over year. In metropolitan areas of the United States where corporations are the primary employer, clinical obesity of the public population is nationally averaged at eighty-five percent (85%).

Patient preferred treatment solutions reflect the demographics and standards much in the same way that wellness, nutrition, therapy, fitness, and rehabilitation clinics are segmented throughout North America and the United States. In general 365|Health & Fitness attracts adults in the twenty-four to seventy (24 to 70) year old range, who either live or work in the area. It is not unheard of that provided a sound staff and integral quality of care rating, patients may regularly travel up to twenty (20) miles two (2) to three (3) times per week to achieve their personal health goals and necessities. Of course, 365|Health & Fitness appeals to many persons beyond this group.

For the complete to date report of today's Public *Healthcare* Initiative, solutions pertaining to *healthcare* providers, *healthcare* solutions pertaining to employers, Payor solutions, education and entrepreneurial solutions in present demand by professional trade schools, universities, and institutions, reporting, regulation, and *healthcare* administration, as well as public monetary exchange solutions see the attached report titled "REPORT: PUBLIC HEALTHCARE INITIATIVE 2022."

PROJECTED U.S. STATE-LEVEL PREVALENCE OF ADULT OBESITY AND SEVERE OBESITY

Posted on December 19, 2019 - Peer-Reviewed

A CHOICES study finds that about half of the adult U.S. population will have obesity and about a quarter will have severe obesity by 2030. Severe obesity—once a rare condition—is projected to be the most common BMI category in 10 states and in some demographic subgroups.

Projected U.S. State-Level Prevalence of Adult Obesity and Severe Obesity.

Ward ZJ, Bleich SN, Cradock AL, Barrett JL, Giles CM, Flax CN, Long MW, Gortmaker SL. *N Engl J Med*. 2019;381:2440-50. doi: 10.1056/NEJMsa1909301

According to this CHOICES study, about half of the adult U.S. population will have obesity and about a quarter will have severe obesity by 2030. The study also predicts that in 29 states, more than half of the population will have obesity, and all states will have a prevalence of obesity higher than 35%. The study's researchers estimate that, currently, 40% of American adults have obesity and 18% have severe obesity.

The researchers said the predictions are troubling because the health and economic effects of obesity and severe obesity take a toll on several aspects of society.

"Obesity, and especially severe obesity, are associated with increased rates of chronic disease and medical spending, and have negative consequences for life expectancy," said **Steven Gortmaker**, Professor of the Practice of Health Sociology at the Harvard T.H. Chan School of Public Health and senior author of the study.

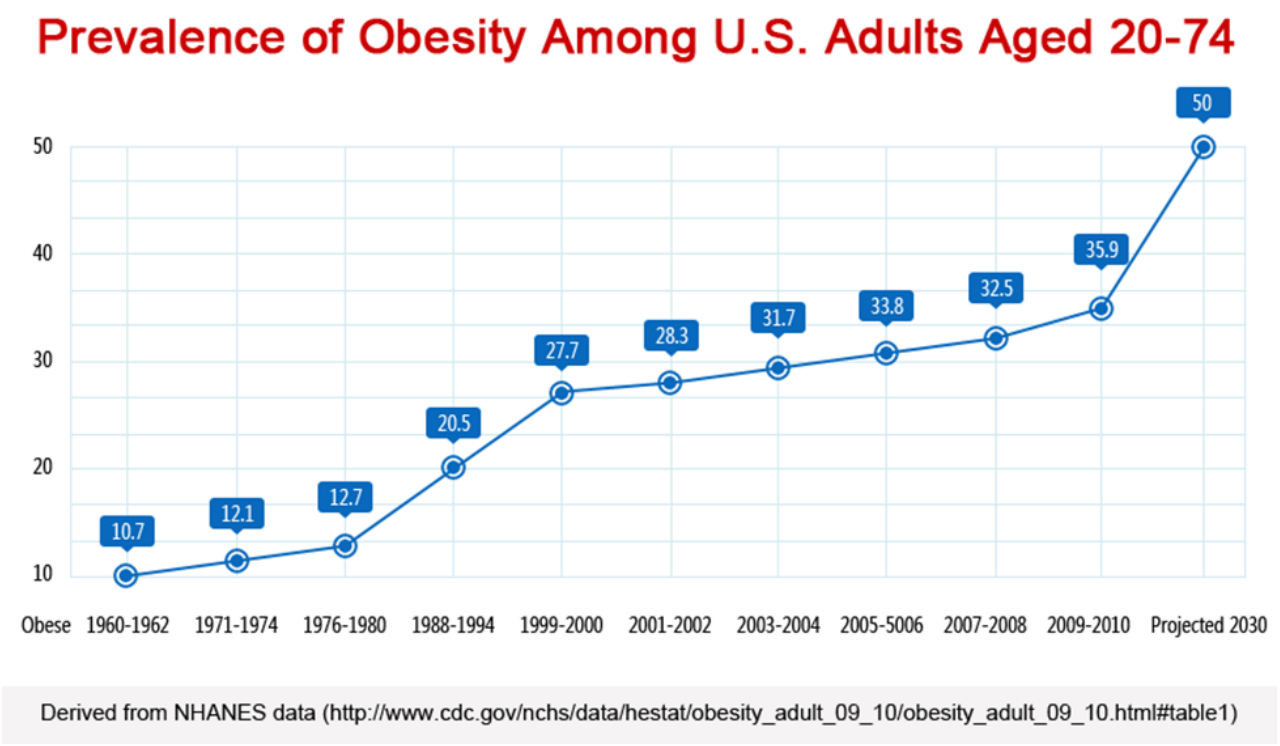
For the study, the researchers used self-reported body mass index (BMI) data from more than 6.2 million adults who participated in the Behavioral Risk Factor Surveillance System Survey (BRFSS) between 1993 and 2016. Body mass index (BMI) is calculated by dividing a person's weight in kilograms by the square of their height in meters. Obesity is defined as a BMI of 30 or higher, and severe obesity is a BMI of 35 or higher. Self-reported BMIs are frequently biased, so the researchers used novel statistical methods to correct for this bias.

The large amount of data collected in the BRFSS allowed the researchers to drill down for obesity rates for specific states, income levels, and sub-populations. The results showed that by 2030, several states will have obesity prevalence close to 60%, while the lowest states will be approaching 40%. The researchers predicted that nationally, severe obesity will likely be the most common BMI category for women, non-Hispanic black adults, and those with annual incomes below $50,000 per year.

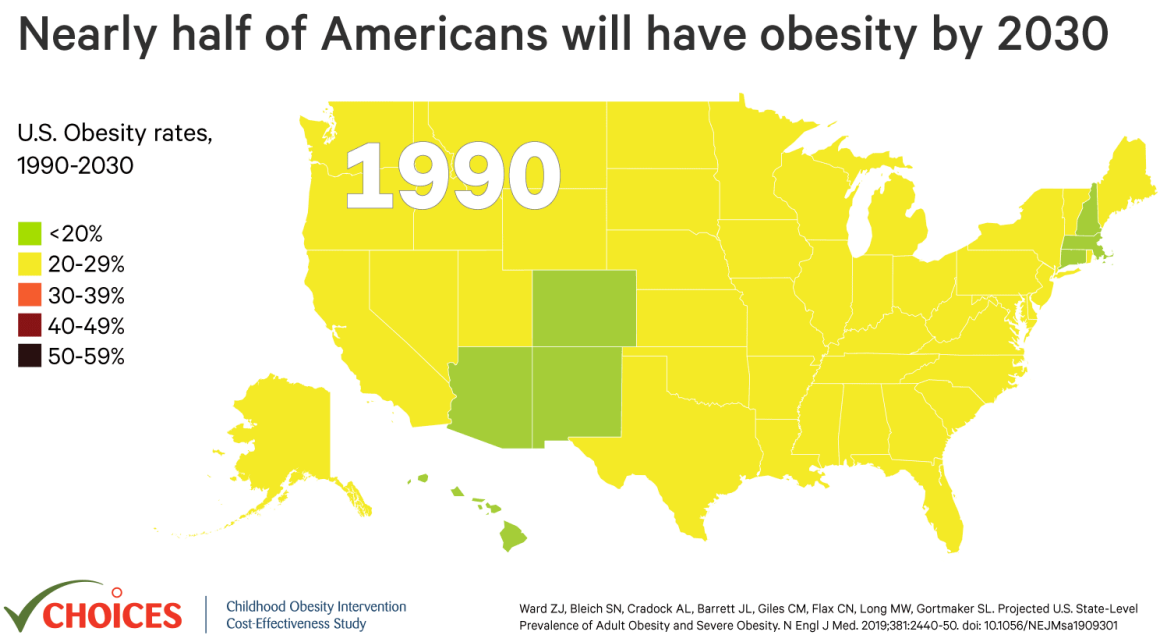
"The high projected prevalence of severe obesity among low-income adults has substantial implications for future Medicaid costs," said lead author **Zachary Ward**, Programmer/Analyst at the Harvard T.H. Chan School of Public Health's Center for Health Decision Science. "In addition, the effect of weight stigma could have far-reaching implications for socioeconomic disparities as severe obesity becomes the most common BMI category among low-income adults in nearly every state."

Ward and his co-authors said that the study could help inform state policy makers. For example, previous research suggests that sugary drink taxes have been an effective and cost-effective strategy for curtailing the rise in obesity rates. "Prevention is going to be key to better managing this epidemic," said Ward.

The Us census Bureau reports the Us Census to progress as follows:

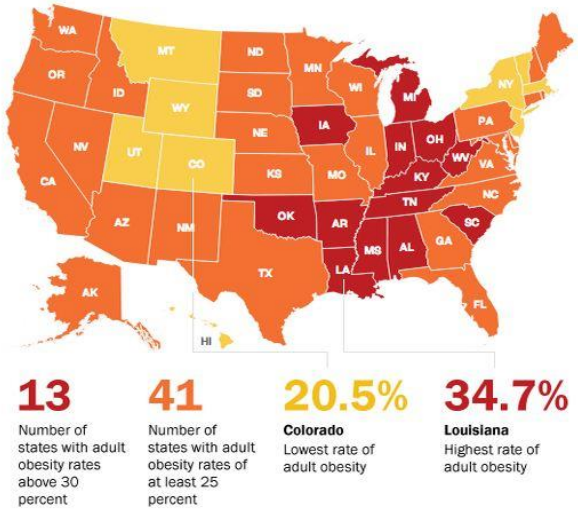


The Us census Bureau reports the Us Census to progress as follows:

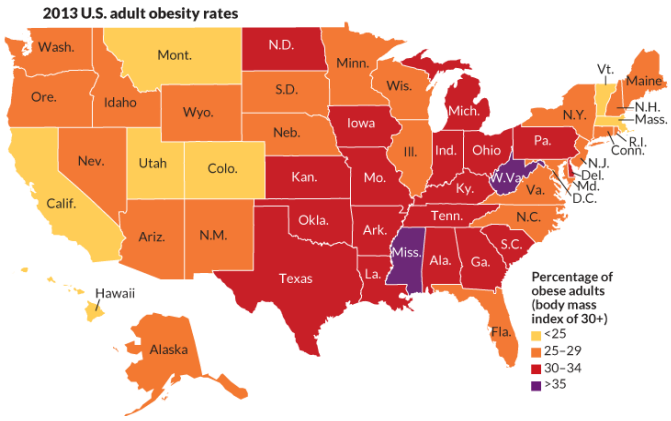


In 2016 the market for PPACA compliant *healthcare* solutions may be summarized with four (4) images published by the Center for Disease Control pertaining to the years 2012, 2013, 2014, and 2015 (Below). It is extremely alarming to see the deterioration of the national public health status as it multiplies its crippling effects year over year. Today that summary can be scarcely drawn with one image of the Obesity Rate (projection) Map for the year to come, 2030.

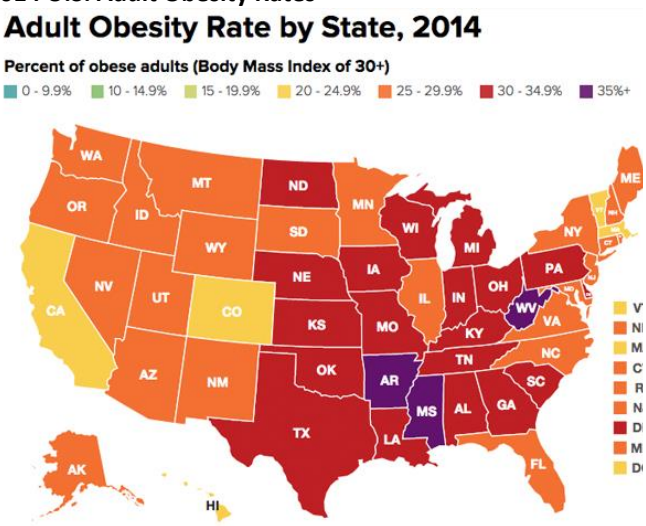
2012 U.S. Adult Obesity Rates



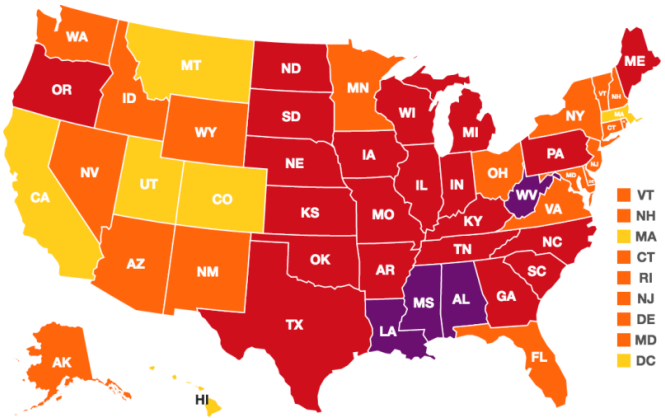
2013 U.S. Adult Obesity Rates



2014 U.S. Adult Obesity Rates

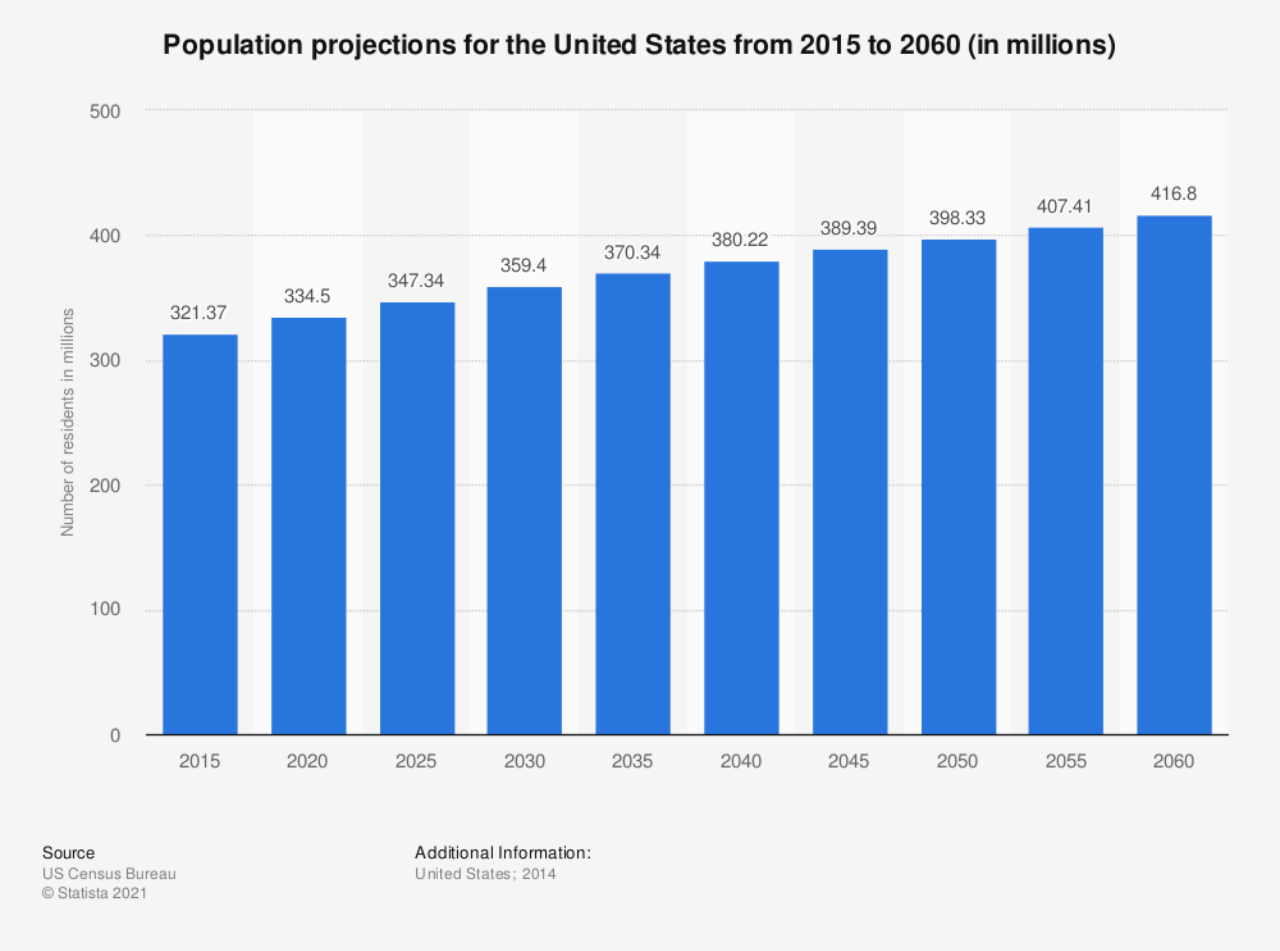


2015 U.S. Adult Obesity Rates



1. Valuation Report: MARKET ANALYSIS - Patient Care in Public Health

The U.S. Census Bureau reports the U.S. Census to progress as follows:



A. Immediate Patient Care Demand

A.1 In 2020 the U.S. had 335 million citizens living in the United States incurring 36% obesity rate, with 68% of individuals requiring health solutions that improve health outcomes, reduce risk of disease, prevent hospital readmissions, and improve physical performance.

A.2 That is national comprehensive demand of immediate necessity of 120.6 million Americans requiring health solutions that improve health outcomes, reduce risk of disease, prevent hospital readmissions, and improve physical performance as well as an initial year, a six month, and final annual diagnosis conducted as a Health & Wellness Orientation (HWO) to record and report specifically the respective data pertaining to individual obesity, wellness, nutrition, cardiorespiratory, neuromuscular facilitation, and physical fitness; these additional 3 health consultations (HWO's) are to be performed by a Professional Health Counselor (PHC) annually within the service year of the individuals current health plan. Conclusion, 120.6 million Americans, each require 3 additional HWO's per year totaling 361.8 million Health & Wellness Orientation's.

A.3 In 2025 the U.S. is project to have 347.34 million citizens living in the United States with a 47% obesity rate.

A.4 That is national comprehensive demand of immediate necessity of 163.25 million Americans requiring health solutions that improve health outcomes, reduce risk of disease, prevent hospital readmissions, and improve physical performance as well as an initial year, a six month, and final annual diagnosis conducted as a Health & Wellness Orientation (HWO) to record and report specifically the respective data pertaining to individual obesity, wellness, nutrition, cardiorespiratory, neuromuscular facilitation, and physical fitness; these additional 3 health consultations (HWO's) are to be performed by a Professional Health Counselor (PHC) annually within the service year of the individuals current health plan. Conclusion, 163.25 million Americans, each require 3 additional HWO's per year totaling 489.75 million HWO's.

A.5 In 2030 the U.S. is project to have 359.4 million citizens living in the United States with a 50% obesity rate.

A.6 That is national comprehensive demand of immediate necessity of 179.7 million Americans requiring health solutions that improve health outcomes, reduce risk of disease, prevent hospital readmissions, and improve physical performance as well as an initial year, a six month, and final annual diagnosis conducted as a Health & Wellness Orientation (HWO) to record and report specifically the respective data pertaining to individual obesity, wellness, nutrition, cardiorespiratory, neuromuscular facilitation, and physical fitness; these additional 3 health consultations (HWO's) are to be performed by

a Professional Health Counselor (PHC) annually within the service year of the individuals current health plan. Conclusion, 163.25 million Americans, each require 3 additional HWO's per year totaling 539.1 million HWO's.

2. Valuation Report: MARKET ANALYSIS - Provider Solutions

B. Immediate Human Workforce Demand

B.1 Provider solutions are derived on a county-by-county basis throughout each of the primary 50 territories of the United States.

B.2 At present, 2022, the U.S. currently has 335 million citizens with a 36% obesity rate, a national comprehensive demand of immediate necessity of 120.6 million Americans requiring 361.8 million HWO's to be performed in the given year of their health plan. This 361.8 million HWO's, performed within 52 weeks totaling 6.96 million HWO's per week (361.8 ÷ 52 = 6.96). With PHC's working 40 hours per week, this service demand requires minimally 174 thousand health providers completing requests for healthcare solutions that improve patient outcomes, reduce risk of disease, prevent hospital readmissions, and improve physical performance (6,960,000 ÷ 40 = 174,000).

B.3 In 2025 the U.S. is project to have 347.34 million citizens with a 47% obesity rate, a national comprehensive demand of immediate necessity of 163.25 million Americans requiring 489.75 million HWO's to be performed in the given year of their health plan. This 489.75 million HWO's, performed within 52 weeks totaling 9.4 million HWO's per week (489.75 ÷ 52 = 9.4). With PHC's working 40 hours per week, this service demand requires minimally 235 thousand health providers completing requests for healthcare solutions that improve patient outcomes, reduce risk of disease, prevent hospital readmissions, and improve physical performance (9,400,000 ÷ 40 = 235,000).

B.4 In 2030 the U.S. is project to have 359.4 million citizens with a 50% obesity rate, a national comprehensive demand of immediate necessity of 179.7 million Americans requiring 539.1 million HWO's to be performed in the given year of their health plan. This 539.1 million HWO's, performed within 52 weeks totaling 10.4 million HWO's per week (539.1 ÷ 52 = 10.38). With PHC's working 40 hours per week, this service demand requires minimally 260 thousand health providers completing requests for healthcare solutions that improve patient outcomes, reduce risk of disease, prevent hospital readmissions, and improve physical performance (10,400,000 ÷ 40 = 260,000).

3. Valuation Report: MARKET ANALYSIS - Solutions for Employers & Organizations

C. Immediate Employer Installation Demands

C.1 Employers are in great demand for PPACA compliant healthcare solutions that improve patient outcomes, reduce risk of disease, prevent hospital readmissions, and improve physical performance.

C.2 Many have mutually registered with 365|Health & Fitness Inc. in this capacity. The immediate facilities within the Dallas/Fort Worth and Houston territories total 1,235 facilities ("environments").

C.3 A preliminary critical needs analysis has been completed with approximately 148 employers, organizations, and agencies in the Dallas/Fort Worth, Houston, and Oklahoma territories.

C.4 50 of these employers, organizations, and agencies at this time require an in-depth analysis of each of these individual environments. This second in-depth analysis does require monetary transaction be completed. This includes but is not limited to legal retainers for special representation in these environments. It requires a licensed broker to oversee and expedite these transactions. The outcomes and infrastructure to record, report, and complete these and many respective operations is at this time, immediately required to avoid any further patient impairment is critical.

C.5 Current retainers, legal, brokerage, professional, and infrastructure fees exceed $500,000 on or before January 1, 2020.

4. Valuation Report: Payor Solutions by NAICS
5. Valuation Report: Education Solutions by NAICS
6. Valuation Report: Public Healthcare Administration Solutions - MARKET ANALYSIS

C. Practical Application of Compliant Comprehensive Healthcare Solutions

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1. Practical Application of Public Healthcare Solutions, Individuals and Families

Available on-line now

2. Practical Application of Public Healthcare Solutions, Healthcare Providers

Available on-line now

IPL: Individualized, Portable, Comprehensive Compliance Solution for Individual Providers

Individual Provider License (IPL)

This curriculum may also be extended and deliverable in universities, trade schools and other institutions in either an individual or group atmosphere

3. Practical Application of Public Healthcare Solutions, Employers and Organizations

Available on-line now

4. Practical Application of Public Healthcare Solutions, Payors and Insurers

Available on-line now

5. Practical Application of Public Healthcare Solutions, Education Institutions

Basic Applications

The first question usually inquired is: "What are ways we may encourage students and alumni in the community to use their university's or professional trade institution job site?"

Our solution of increasing the frequency of posted updates to respective employment opportunities available. Best practices resolution is to produce at least one update within every 5 business days with Directors meeting to update and add employment opportunities, and always have at least 2 internship roles that are currently available on to the job site.

These opportunities will continue to be updated on the careers website as per a weekly/bi-weekly basis with prospective candidate interviews being completed per a weekly/bi-weekly basis (as needed).

Additionally, Directors (and support staff) will be reviewing and posting the respective position description and links on professional and social media to engage the wider student spectrum of the community.

6. Practical Application of Public Healthcare Solutions, Federal Agencies

Available on-line now

III. INSTALLATION, EDUCATION, AND IMPLEMENTATION; OF VERIFIED PPACA HEALTHCARE SOLUTIONS

MEMO: MAONAIGH CARE ACT - *INDOCTRINATION, EDUCATION, & IMPLEMENTATION HEALTHCARE REFORM*

Date: 01/29/2022

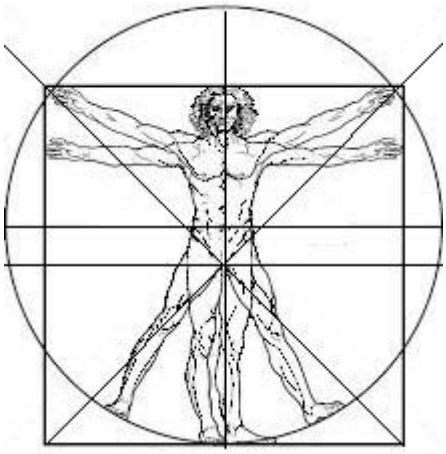
INDOCTRINATION

The Patient Protection and Affordable Care Act, is a United States federal statute enacted by the 111th United States Congress and signed into law by President Barack Obama on March 23, 2010. Under the act, hospitals and primary physicians needed to adopt their practices financially, technologically, and clinically to produce better health outcomes, lower costs, and improve their methods of distribution and accessibility. The objective of PPACA was to expand health insurance coverage and to reduce the costs of healthcare. This introduced mechanisms including mandates, subsidies, and insurance exchanges. The law requires insurers to accept all applicants, cover a specific list of conditions and charge the same rates regardless of pre-existing conditions or sex. Increases in overall healthcare spending have slowed since the law came into effect, including premiums for employer-based insurance plans. The Congressional Budget Office reported in several studies that ACA would reduce the budget deficit, and that repealing it would increase the deficit.

IMPLEMENTATION

The law and conflict as implementation began faced challenges in Congress, federal courts, some state governments, conservative advocacy groups, labor unions, and small business organizations. The United States Supreme Court upheld the constitutionality of the PPACA's individual mandate as an exercise of Congress's taxing power, found that states cannot be forced to participate in the PPACA's Medicaid expansion, and found that the law's subsidies to help individuals pay for health insurance are available in all states, not just in those that have set up state exchanges. Together with the Health Care and Education Reconciliation Act amendment, it represents the U.S. healthcare system's most significant regulatory overhaul and expansion of coverage since the passage of Medicare and Medicaid in 1965.

Society in the United States has achieved a heightened understanding of what the ideal health status of an individual consists of in a comprehensive capacity. It is proven these adopted practices achieve improved patient health outcomes, reduce the risk of critical diseases, and reduce the likelihood of hospital readmissions. Today the effectiveness of an individual's health maintenance may be demonstrated respective to the characteristics of *L'Uomo Vitruviano,* the *Vitruvian Man*. The purpose of this, Maonaigh (MOON-ee) Care Act is to provide comprehensive healthcare solutions and relief to the effected regions of the United States of America.



The ***Vitruvian Man***

Le proporzioni del corpo umano secondo Vitruvio (Italian), which is translated to "*The proportions of the human body according to Vitruvius*"), or simply ***L'Uomo Vitruviano*** ([ˈlwɔːmo vitruˈvjaːno]), by Leonardo da Vinci at approximately 1490. The drawing is based on the correlations of ideal human proportions with geometry described by the ancient Roman architect Vitruvius in Book III of his treatise *De architectura*. Vitruvius described the human figure as being the principal source of proportion among the classical orders of architecture. Vitruvius determined that the ideal body should be eight heads high. Leonardo's drawing is traditionally named in honor of the architect.

A. Installation of Verified PPACA Compliant Comprehensive Healthcare Solutions Program into Market Exchange

1. Installation of Public Healthcare Solutions, Individuals and Families - Available on-line now

The Affordable Care Act (ACA) requires all health plan issuers and group health plans to provide eligible enrollees with a Summary of Benefits and Coverages (SBC). The SBC provides you information to better understand your plan and allows you to compare coverage options.

You are receiving this package due to one of the following plan coverage events that requires you to receive an SBC.

- Upon application for coverage
- Prior to any material of your plan coverage
- Prior to your plan renewal
- You are a special enrollee

If you are an Employer, you can find your group's SBC documents by logging into www.iiivivfitness.com/employersolutions.htm and select "Summary of Benefits and Coverage" under the Resources menu.
For more information regarding this document, please visit http://www.iiivivfitness.com/Legal_terms.htm or contact the Member Services number on the back of your ID card.

2. Installation of Public Healthcare Solutions, Healthcare Providers - Available on-line now

IPL: Individualized, Portable, Comprehensive Compliance Solution for Individual Providers
Individual Provider License (IPL) - This curriculum may also be extended and deliverable in universities, trade schools and other institutions in either an individual or group atmosphere

3. Installation of Public Healthcare Solutions, Employers and Organizations - Available on-line now

MEMO: [redacted], PROJECT SCOPE
Drafted: 3/1/2015 Delivered: 3/9/2016

OVERVIEW
Project Background and Description

Due to the recent changes in Healthcare Benefits regarding the Patient Protection and Affordable Care Act the Chamber of Commerce and the United States Federal Contractor Registration has advised we consult with you at once.
We are a Multi-Specialty Manage Care Organization, National Provider, in Specialty (Lifestyle Solutions) Health Counseling, Behavioral Analysis, Nutrition/Nutrition Education, Physical Therapy, and Occupational Therapy. 365|Health & Fitness Inc. offers outpatient care featuring e-training, telephone counseling, and visits with a health coach on-site or in-home that offers Lifestyle Solutions advice for personal health management, weight-management, nutrition, fitness, and a comprehensive program of skill-building in dietary and exercise habits under the guidance of a registered dietitian, a trained professional health coach, or exercise specialist that achieves realistic goals, rather than failing to achieve what are nearly impossible goals.

The purpose of this acquisition is to provide ALL of the required components of a healthy Lifestyle to the employees, agents, and officers of [redacted] Independent School District.

Project Scope

The acquisition and implementation of the above specified Lifestyle Solutions, programs, products, services, and resources into each of the thirty-three (33) [redacted] Independent School District schools, such as wellness and disease prevention protocol/education, will be employed to improve both awareness and active prevention in a capacity of the practical application of Lifestyle Solutions. Nutrition Solutions and Nutrition Education will be provided to reduce volatile nutrient deficiency related health risks such as (but not limited to) anemia and diabetes. Neuromuscular facilitation, flexibility, corrective exercise, cardiorespiratory training, resistance training consultations and group fitness events will contribute to the elements and activities within [redacted] Independent School District to promote optimal physical performance and injury prevention.

With the primary role of our Professional Health Counselors being to bridge the gap between a participants' current health status, their perceived goals, and encourage the mindset failure is not an option because success is inevitable provided the effective application of the Lifestyle Solutions Critical 6 Components.

Non-participation in the form of consultation "no-shows" or cancelations will not be a deterring factor as every session may be rescheduled or "rolled" (i.e. "roll-over") where applicable. "No-shows" or "Cancelations" will be recorded and billed accordingly as to additional fees may apply.

Provided the acquisition, implementation, and employment of these programs, Employees who exercise one or more times per week, regardless of their weight, will have lower health care costs than their sedentary co-workers. (Source IHRSA 2009, The Economic Benefits of Regular Exercise) With sixty percent (60%) employee participation rate in an exercise program expect a reported a reduction in health care claims of $500 per employee. (Source: The Wellness Councils of America)

High-Level Requirements

365|Health & Fitness Inc. requires all providers possess a Masters credentials or currently be enrolled in a Masters curriculum relative to their specific expertise of practice.

This Lifestyle Solutions System includes the following:

- Ability to allow both internal and external users to access the application without downloading any software
- Ability to interface with the existing data application

Deliverables

Deliverables include the Lifestyle Solutions Guidebook, Coaching audio, videos, and fifty-two (52) weeks of customized personal wellness, nutrition, cardio, flexibility and corrective exercise, core and total body resistance training programs per each participant.

Affected Parties

Affected parties include (but not limited to) [redacted] Independent School District Employees, agents, officers, affiliates, and students. All affected parties will benefit from increased health awareness, increased knowledge of practical application methodologies, as well as the physical benefits of their participation in a comprehensive Lifestyle Solution.

Affected Business Processes or Systems

[redacted] Independent School District, its Employees, agents, officers, and affiliates are prohibited from the retail distribution of any facet of this Agreement especially and not limited to Proprietary Patents, Copyrights, and Trademark data.

Specific Exclusions from Scope

Implementation of this Program may be rolled out at once or incremental, such as semi-annually or quarterly.

Implementation Plan

Per this request for [redacted] Independent School District, we have developed a Program Solution that may be available to the entire staff of 5,000 Employees within a reasonable timeline of April 1, 2016. At this point, April 1, 2016, all Employees will already be enrolled and will have commenced their personalized wellness, nutrition, flexibility, cardio, core, and total body resistance training program.

Attendance and compliance of all participants (Employees) will be diligently monitored as each participant is to sign in/log in to each session/consultation. Professional Health Counselors (Registered Nurses, Dieticians, Nutritionist, Therapists, Trainers, and Coaches) will assist in daily accountability, compliance, and attendance of each participant.

High-Level Timeline/Schedule

Implementation of these Solutions Programs is projected to take 12-14 days to achieve total enrollment. Due to the 'Plug and Play' nature of the Lifestyle Solutions Program, Employees will be fully equipped to achieve success on day one.
Initial term of the Lifestyle Solutions agreements is a fifty-two (52) weeks commitment. A majority of Employees will achieve their initial goal within this first fifty-two (52) weeks and will continue to utilize these Lifestyle Solutions programs for maintenance and further development.
Following the Employees initial term, Employees are provided the option to continue with their current Solutions Program at the same premium, "Freeze" there account and services, or discontinue their Programs and Solutions services.
With this being a Lifestyle Solutions Program we expect this program to have no foreseeable completion date.

4. Installation of Public Healthcare Solutions, Payors and Insurers
Available on-line now

5. Installation of Public Healthcare Solutions, Education Institutions
Available on-line now

6. Installation of Public Healthcare Solutions, Federal Agencies
Available on-line now

B. Implementation of Compliant Comprehensive Healthcare Solutions

1. Implementation of Public Healthcare Solutions, Individuals and Families
   Available on-line now

2. Implementation of Public Healthcare Solutions, Healthcare Providers
   Available on-line now
   IPL: Individualized, Portable, Comprehensive Compliance Solution for Individual Providers
   Individual Provider License (IPL)
   This curriculum may also be extended and deliverable in universities, trade schools and other institutions in either an individual or group atmosphere

3. Implementation of Public Healthcare Solutions, Education Institutions
   Available on-line now

4. Implementation of Public Healthcare Solutions, Employers and Organizations
   Available on-line now

5. Implementation of Public Healthcare Solutions, Payors and Insurers
   Available on-line now

6. Implementation of Public Healthcare Solutions, Federal Agencies
   Available on-line now

IV. PATIENT CENTERED HEALTHCARE COST REDUCTION SYSTEM

Maonaigh Care Bill will distribute and provide access to healthcare services for implementation of $600-$800 billion, in healthcare solutions to the most critical regions of the United States of America.

- Patient Solutions in Public Healthcare, $406-$581B
- Employer Solutions in Public Healthcare, $209M
- Provider Solutions in Public Healthcare, $6.7B
- Payor Solutions in Public Healthcare,
- Education Solutions in Public Healthcare,

A. CONCLUSIVE ANALYSIS: PUBLIC HEALTHCARE SOLUTIONS IN CURRENT DEMAND

SOLUTIONS, PRODUCTS AND SERVICES

With *healthcare* reform on the forefront of the medical field both domestically and abroad, 365|Health & Fitness is the only company that offers Patient Protection and Affordable Care Act (PPACA) compliant comprehensive *healthcare* solutions registered with the United States Federal Contractor Registration under North American Industry Code Standards (NAICS) 541612, 541720, 621340, 621399, 812191, 812990, 813920, 713940.

365|Health & Fitness provides group and individual patient subscribers the opportunity to exceed their wellness, health, and fitness expectations. This is delivered through the installation and practical application of the innovative LS365-Lifestyle Solutions program, expert coaching, high quality equipment, exceptional exercise prescription, treatment plans, our trademark Solutions programs, and convenient scheduling.

PROJECT DELIVERABLES

Following is a complete list of all project deliverables:

Deliverable	Description
1.0 Consulting	Cost is derived by the extent of the required care per group; groups and employers.
2.0 Group Wellness Solutions (EWS)	Cost is derived by the size of the participating group; groups and employers.
3.0 Mental Health Solutions Platform (MHP)	Cost is derived by the intensity of the required care per individual; individuals and groups
4.0 Milestones Solution Platform (MSP)	Cost is derived by the extent of the required care per individual; individuals and groups.
5.0 Lifestyle Solutions Program (LS365)	Cost is derived by the chosen method of curriculum delivery chosen by the individual; individuals, groups, providers, employers, and carriers.
6.0 Individual Provider License and Professional Health Counselor Certification (IPL-PHC)	Cost is derived by the extent of the desired care per provider; providers.
7.0 Clinic Provider License and Professional Health Counselor Certification(s) (CPL-PHC)	Cost is derived by the extent of the desired care per clinic (entity); clinics.

1. Conclusive Analysis: Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Patient Care

2. Conclusive Analysis: Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Provider Care

PROJECT DELIVERABLES

Following is a complete list of all project deliverables:

Deliverable	Description
1.0 Consulting	Cost is derived by the extent of the required care per group; groups and employers.
5.0 Lifestyle Solutions Program (LS365)	Cost is derived by the chosen method of curriculum delivery chosen by the individual; individuals, groups, providers, employers, and carriers.
6.0 Individual Provider License and Professional Health Counselor Certification (IPL-PHC)	Cost is derived by the extent of the desired care per provider; providers.
7.0 Clinic Provider License and Professional Health Counselor Certification(s) (CPL-PHC)	Cost is derived by the extent of the desired care per clinic (entity); clinics.

3. Conclusive Analysis: Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Employee Wellness Solutions

4. Conclusive Analysis: Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Payor Solutions

5. Conclusive Analysis: Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Education Curriculums

6. Conclusive Analysis: Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Federal Administration

B. COST OF VERIFIED PPACA COMPLIANT COMPREHENSIVE HEALTHCARE SOLUTIONS

1.2 PRODUCTS AND SERVICES

With *healthcare* reform on the forefront of the medical field both domestically and abroad, 365|Health & Fitness is the only company that offers Patient Protection and Affordable Care Act (PPACA) compliant comprehensive *healthcare* solutions registered with the United States Federal Contractor Registration under North American Industry Code Standards (NAICS) 541612, 541720, 621340, 621399, 812191, 812990, 813920, 713940.

365|Health & Fitness provides group and individual patient subscribers the opportunity to exceed their wellness, health, and fitness expectations. This is delivered through the installation and practical application of the innovative LS365-Lifestyle Solutions program, expert coaching, high quality equipment, exceptional exercise prescription, treatment plans, our trademark Solutions programs, and convenient scheduling.

PROJECT DELIVERABLES

Following is a complete list of all project deliverables:

Deliverable	Description
1.0 Consulting	Cost is derived by the extent of the required care per group; groups and employers.
2.0 Group Wellness Solutions (EWS)	Cost is derived by the size of the participating group; groups and employers.
3.0 Mental Health Solutions Platform (MHP)	Cost is derived by the intensity of the required care per individual; individuals and groups
4.0 Milestones Solution Platform (MSP)	Cost is derived by the extent of the required care per individual; individuals and groups.
5.0 Lifestyle Solutions Program (LS365)	Cost is derived by the chosen method of curriculum delivery chosen by the individual; individuals, groups, providers, employers, and carriers.
6.0 Individual Provider License and Professional Health Counselor Certification (IPL-PHC)	Cost is derived by the extent of the desired care per provider; providers.
7.0 Clinic Provider License and Professional Health Counselor Certification(s) (CPL-PHC)	Cost is derived by the extent of the desired care per clinic (entity); clinics.

1. Cost of Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Patient Care

HFO DELIVERABLE SOLUTIONS

Following is a complete list of all project deliverables:

Milestones Solutions Session Detail

MS III Premier Lifestyle Solution offers HFOs every 3 service cycles (12 weeks) for 1 year.

	HFO	Wellness	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	N/A	N/A	N/A	N/A	N/A	N/A	N/A	$ 264.16
Annualized	6	1	1	1	1	1	11	$ 3,169.92

MS IV Premier Plus Lifestyle Solution offers HFOs every service cycle (4 weeks) for 1 year.

	HFO	Wellness	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	1	N/A	N/A	N/A	N/A	N/A	N/A	$ 410.62
Annualized	15	1	1	1	1	1	19	$ 4,927.44

MS V Platinum Lifestyle Solution offers HFOs every service cycle (4 weeks) for 1 year.

	HFO	Wellness	BNC	FLEX101	PCT	FIT	Total	Cost
Per Service Cycle	1	N/A	N/A	N/A	N/A	N/A	N/A	$ 600.79
Annualized	15	1	1	1	1	1	19	$ 7,209.48

*All programs include an initial Health and Fitness Orientation (HFO) and an end-of-year HFO. Annualizing Pricing includes $199.90 Enrollment (one-time payment) and all fees associated with sessions serviced per each service cycle. Each services cycle is twenty-eight (28) days or four (4) weeks.

MHP DELIVERABLE SOLUTIONS

Following is a complete list of all project deliverables:

MHP Solutions Session Detail

MHP I Solution offers 1 Wellness Consultation per service cycle (4 weeks) annualized.

	HWO	Wellness	Group	Total	Cost
Per Service Cycle	N/A	1	N/A	1	$ 242.51
Annualized	2	12	N/A	14	$ 2,910.12

MHP II Solution offers 2 Wellness Consultation per service cycle (4 weeks) annualized.

	HWO	Wellness	Group	Total	Cost
Per Service Cycle	1	1	N/A	2	$ 423.32
Annualized	12	12	N/A	24	$ 5,079.84

MHP III Solution offers 3 Wellness Consultation per service cycle (4 weeks) annualized.

	HWO	Wellness	Group	Total	Cost
Per Service Cycle	1	1	1	3	$ 524.29
Annualized	12	12	12	36	$ 6,291.48

*All programs include an initial Health and Wellness Orientation (HWO) and an end-of-year HWO. Annualizing Pricing includes $99.99 Enrollment (one-time payment) and all fees associated with sessions serviced per each service cycle. Each services cycle is twenty-eight (28) days or four (4) weeks.

2. Cost of Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Provider Care

PROVIDER SOLUTIONS DELIVERABLES (Not limited to) FOR PROVIDERS AND GROUPS			
Solutions Item	**Compliance Category**	**Type**	**Cost**
Credentialing	Provider	Installation	$ 200.00
Individual	Provider	Installation	$ 899.99
Clinic	Provider	Installation	$ 39,031.00
Group	Provider	Installation	$ 125,000.00

3. Cost of Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Employee Wellness Solutions

365 | Group Wellness Solutions

CONSULTING SOLUTIONS DELIVERABLES (Not limited to) FOR INDIVIDUALS AND GROUPS		
Hourly Rate		$350.00
Daily Rate	Includes 2 hours of preparation review and 8 hours of consulting and resolution.	$2,200.00
Weekly Rate		$8,700.00
Monthly Rate		$16,500.00
Quarterly Rate		$54,000.00
Yearly Rate		$216,000.00
Per Student Rate	Includes 1 hour of completed work.	$255.00

4. Cost of Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Payor Solutions

At this point in time it is advised that carriers implore all in-network providers to obtain their Individual or Clinic Provider Credentialing, Certification, and Licensing for LS365-The Lifestyle Solution. These Payor costs could essentially cost in access of only a couple hundred thousand dollars annually. Employers participating in group insurance plans hosted by these carriers should be encouraged to also invest in preventative health solutions including of the Critical 6 Components of optimal health to achieve homeostasis. These employer accessed plans should be provided on a non-cost sharing basis as per PPACA, Sec. 2713.

5. Cost of Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Education Curriculums

[THIS SECTION CONFIDENTIAL]

6. Cost of Verified PPACA Compliant Comprehensive Healthcare Solutions Programs, Federal Administration

Similar to Payor costs, Federal Compliance and Administration Solutions could essentially cost in access of a couple hundred thousand dollars annually. These costs could be graded regional and scaled accordingly in respect to the size standard of the determined area.

C. ECONOMIC SOLUTION TO BRINGING DOWN THE COST OF HEALTHCARE

Bringing Down the Cost of Healthcare

- Cost Reduction of Public Healthcare Solutions
- Government Healthcare (Hillary Care) vs. Privatized Healthcare (365|Healthcare)
- GH - Effects taxes directly; cost cannot be controlled by FMV to the public
- PH - Effects taxes directly; cost may be reduced, maintained, and controlled
- VBID - Value Based Insurance Design

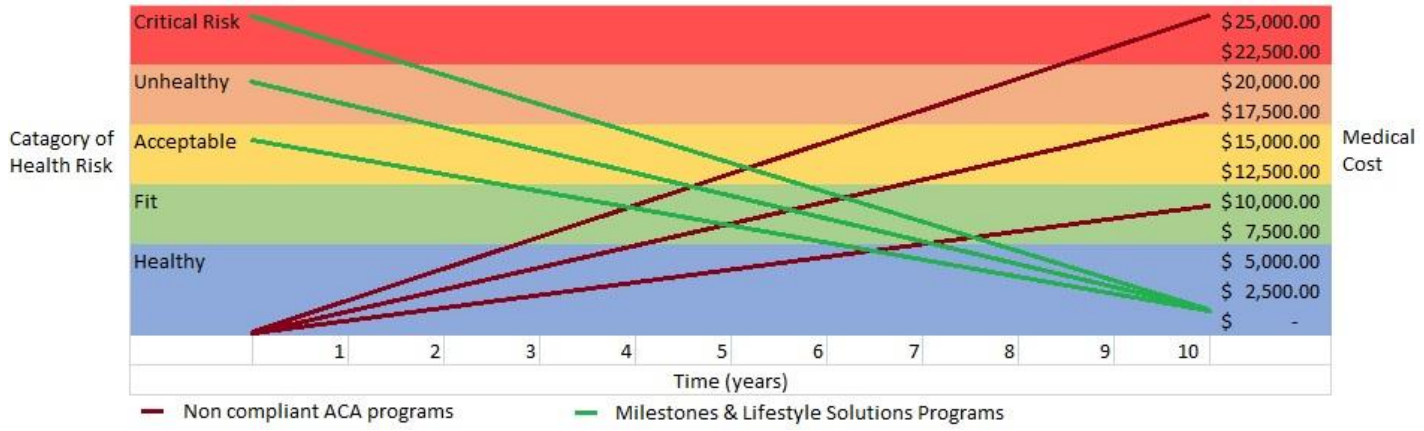
1. Cost Reduction of Public Healthcare Solutions, Individuals and Groups

SEC.2718.BRINGING DOWN THE COST OF HEALTH CARE COVERAGE., Pertaining to;

The average annual cost in extra medical expenses for an unhealthy individual in the United States is $1,429. The annual cost per employee with Employee Wellness Solutions Sponsorship is $1,346.74. Implementation of the Lifestyle Solution and Milestones Solutions Program saves the patient extra medical costs in the first year.

Patient Status and Qualified Health Solutions (QHS)							
Patient Status		**Qualified Solutions Options**	**Enrollment + HFO**	**Cyclical Script Range**	**Script Annl Low**	**Script Annl High**	**Total Annl Script**
Athlete							
W	14-20%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
M	6-13%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
Fit							
W	21-24%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
M	14-17%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
Acceptable							
W	25-31%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
M	18-25%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
Unhealthy							
W	+32%	MIV - MVII	$308.04	$270.36 - $1081.44	$3,514.68	$14,058.72	$3,822.72 - $14,366.76
M	+26%	MIV - MVII	$308.04	$270.36 - $1081.45	$3,514.68	$14,058.72	$3,822.72 - $14,366.76

Implementation of the Lifestyle Solution and Milestones Solutions Program saves the patient thousands of dollars in extra medical costs over the course of 10 years (as seen below).



2. Cost Reduction of Public Healthcare Solutions, Providers

3. Cost Reduction of Public Healthcare Solutions, Employers and Organizations

4. Cost Reduction of Public Healthcare Solutions, County Exchanges

5. Cost Reduction of Public Healthcare Solutions, State Exchanges

6. Cost Reduction of Public Healthcare Solutions, Federal Exchanges

C. Appropriation of Tax for Revenues of Compliant Comprehensive Healthcare Solutions

1. County Exchanges
2. State Exchanges
3. Federal Exchanges

V. DESIGNATION OF ADMINISTRATION, AUTHORITY, AUDITS, & ACCOUNTABILITY

Formation of Healthcare Administration Agency of North America, H.A.A.N.A.

- CONFLICT:
  There is currently no Federal Agency or Organization that administers accountability of employers' compliance in comprehensive preventative healthcare solutions pertaining to current healthcare legislation.

- RESOLUTION:
  A co-operative organization responsible for the provider administration of these policies with the patient's absolute best care in consideration.
  - **HEALTHCARE ADMINISTRATION AGENCY OF NORTH AMERICA (H.A.A.N.A.)**
    A NON-PROFIT, NON-GOVERNMENT ORGANIZATION
    - CHARGED IN; THE ADMINISTRATION OF COMPLIANCE IN HEALTHCARE REGULATION FOR EMPLOYERS AND INSTITUTIONS per P.P.A.C.A. (2010), SEC. 2713-2718
      ---AMERICA NEEDS A 3RD PARTY ADMINISTRATOR AUTHORITY---
    - This agency is to ensure employers have procured, installed, and are effectively implementing the appropriate systems and solutions regarding comprehensive preventative healthcare solutions on-site in office where administrative and executive operations are conducted on a daily basis for their employees.
    - This agency is to credential individuals that have been hired as on-site healthcare providers by the employer.
    - This agency is to ensure employers are taking the appropriate ongoing measures to 1) improve employee health outcomes in the workplace 2) reduce the risk of critical diseases 3) reduce the risk of hospital readmissions; through the appropriate reporting procedures on a NON-COST SHARING basis.
    - This agency is to analyze risk, evaluate progress, and assess or impose penalties of due employers and institutions regarding the compliance of comprehensive preventative healthcare solutions provided on a value based insurance design model.
    - This agency is to ensure the cost of care/benefit to health outcome is maintained, consistent, and reduced over time.
    - This agency is to establish outposts within the most critical regions of the United States of America.
    - HAANA will represent in the healthcare industry what FEMA represents on the natural disaster relief scope.
    - HAANA's oversight is that of accountability, administration, policy, and allocation of federal funds to be distributed to qualified public *healthcare* initiatives in the most effected regions of the United States.
- CLASSIFICATION:
  H.A.A.N.A. IS TO INDUCT A CLASSIFICATION SYSTEM OF GRADING PPACA COMPLIANCE SOLUTIONS PERTAINING TO SEC. 2713-2718.
- NON-PROFIT-
  501(C) ENTITY
- NON-GOVERNMENT ORGANIZATION-
  - Vested in the domestic and international regulation of healthcare compliance for entities of interest to the United States of America.

FROM PUBLIC HEALTH INITIATIVE:

1. INFRASTRUCTURE: REGULATION, REPORTING, AND ADMINISTRATION OF VERIFIED PPACA HEALTHCARE SOLUTIONS

A. Regulation of Compliant Comprehensive Healthcare Solutions

1. Regulation of Public Healthcare Solutions, Federal Agencies

- This proposed organization, the Healthcare Administration Agency of North America (HAANA) is to oversee regulatory policies of PPACA legislation pertaining to all preventative healthcare providers, ensure comprehensive accountability in reporting, and collect any fair penalties pertaining to; respective of PPACA compliance issues.
- As the Healthcare Administration Agency of North America our criteria for due diligence pertains to all employers that are required to provide PPACA compliant healthcare solutions for all employees; all employers with more than fifty (50) employees.

- The Healthcare Administration Agency of North America criteria of due diligence pertains to all preventative healthcare providers. It is required that providers meet the reporting standards for these programs and implement solutions that improve the patients' quality of care, deliver positive health outcomes, and decreased hospital readmission.
- It is only then that the cost of healthcare will begin to decrease, individuals may begin to see decreases in their healthcare premiums, and the debilitating morbidity rate in the United States may be resolved.
- The resources needed at this time are key operational overhead resources that include a co-operative Board of Directors with vested interest in the city of McKinney and Collin County, office space for a support staff, and equipment that can be used for day-to-day operations.

B. Reporting of Compliant Comprehensive Healthcare Solutions

- 365|Health & Fitness is a Manage Care Organization (MCO) multi-specialty provider in preventative health solutions. With specialties solutions that include everything from behavioral analysis to specialty counseling and therapies.
- The nuance that makes this company so incredibly special is its' partnerships and alliances within the health and specialty fields, it's partnership and alliances with national health boards and agencies.
- Aligned with national health organizations (pertaining to disease and health services), state universities, professional, trade, career institutions in cooperation with local providers - 365|Health & Fitness is the only health care company delivering a full range of healthcare programs that are fully compliant to the Patient Protection and Affordable Care Act where all others are not.
- We provide healthcare that is both individualized and portable to all.

VI. PROGRESS REPORT: PUBLIC HEALTH INITIATIVE

A. 365|HEALTH & WELLNESS EXECUTIVE SUMMARY

THIS REGISTRATION IS MAINTAINED BY USFCR VERIFIED VENDOR 2022	365|Health & Wellness, Inc., Established 2012. 365|HEALTH & WELLNESS, INC. NAICS: 923120 – Administration of Public Health Programs Phone: 214-283-9852 Web: www.iiivivhealth.com

365|Health & Wellness Inc.
EXECUTIVE SUMMARY OUTLINE
A. 365|HEALTH & WELLNESS, INC.– BUSINESS MODULE
1.0 Executive Summary

1.1 365|Health & Wellness, INC.

365|HEALTH & WELLNESS, INC. (365|Health & Wellness) is a Manage Care Organization, Multi-Specialty Group National Provider in Specialty Health Counseling-Lifestyle Solutions (comprehensive healthcare), Behavioral Analysis, Nutrition/Nutrition Education, Physical Therapy, Occupational Therapy, Cardiorespiratory Development, Corrective Exercise Prescription, Functional Integrated Training, and Neuromuscular Facilitation. 365|Health & Fitness operates as a distinguished fitness, nutrition, wellness, and health education services company and is the exclusive distributor of LS365-Lifestyle Solutions (Solutions) programs. As recognized by numerous local municipalities including county, district, regional, and federal agencies 365|Health & Fitness is at present the **only** organization accredited in the effective analysis, installation, implementation, education, distribution, operation, and administration of PPACA compliant *healthcare* solutions throughout the United States.

365|Health & Wellness is acquiring five (5) corporate centers in key cities in the United States. These corporate centers will serve as initial professional education, training, expansion, and distribution sources to disperse throughout the United States. Centers will also serve as institutional wellness clinics, health and fitness facilities offering 365|Health & Fitness exclusive Solutions products and services. In addition to these corporate centers three hundred (300) Licensed Clinic Provider (LCP) units throughout the United States will ensure local coverage for optimum effectiveness in all affected communities. In rural communities throughout the United States more than five hundred thousand (500,000) Individual Provider Licenses (IPL) will implement and administer Solutions programs vis-à-vis, on-site, in-home, on-line, and via telephone.

The installation of three hundred (300) Licensed Clinic Providers (LCP's) and five hundred thousand (500,000) Individual Provider Licenses (IPL's) strategically across forty-three (43) states consisting of the most critical *healthcare* status will solidify the initial infrastructure for PPACA compliant *healthcare* in the United States. These states are currently listed as states with **NO COVERAGE AVAILABLE**, states of the **MOST CRITICAL HEALTH RISK RATES**, and states with **LIMITED COVERAGE AVAILABLE**.

365|Health & Wellness affiliates include the American Cancer Society, American Diabetes Association, American Heart Association, the Aerobics and Fitness Association of America, Center for Disease Control, National Academy of Sports Medicine, National Exercise and Sports Trainers Association, National Council on Sports and Fitness, Lifestyle Solutions Institute, United States Federal Contractor Registration, Simplified Acquisition Program, United States System for Award Management, and many more.

Asset Allocations include portfolio holdings consisting of comprehensive use sources. Professional business holdings bare dividend interests in eighteen (18) market exchanges across forty-three (43) states of the United States. Divestiture of 365|Health & Fitness patient care portfolio positions generate a total of more than $446 billion annually. Divestiture of 365|Health & Fitness provider solutions portfolio positions generate a total of $2 billion. Divestiture of 365|Health & Fitness employer solutions portfolio positions generate a total of more than $6.2 million. Divestitures of Asset Allocation sources generate long-term (year-over-year) cyclical cash flow revenues via Electronic Funds Transfers (EFT) expedited on a twenty-eight (28) day basis.

365|Health & Wellness employs multiple competitive strengths, including:

- Comprehensive patient care, provider, employer, institution, and payor Solutions
- Convenient delivery of comprehensive PPACA compliant Solutions programs and services
- A value proposition that encourages subscriber loyalty
- A disciplined and sophisticated development, site selection, and implementation process
- A proven and established hybrid proprietary economic model
- Elite Professional Staff and Exclusive Licensed Providers
- A committed and experienced senior management team

Mission

Provide uncompromising *healthcare* solutions that improve the health status of every individual with immense integrity in patient care, provider support, employer resources and adhering to all requirements in administration, reporting and regulation.

Vision

Our vision is to continue to be the premier *comprehensive healthcare* solutions provider and industry leader of health, wellness, nutrition, and fitness solutions by making every provider, agent, and affiliate member more valuable each year. This while building and expanding a healthy way of life (the 365|Health & Fitness company brand) that is respected and coveted by subscribers, members, vendors and competitors.

1.2 PRODUCTS AND SERVICES

With *healthcare* reform on the forefront of the medical field both domestically and abroad, 365|Health & Fitness is the only company that offers Patient Protection and Affordable Care Act (PPACA) compliant comprehensive *healthcare* solutions registered with the United States Federal Contractor Registration under North American Industry Code Standards (NAICS) 541612, 541720, 621340, 621399, 812191, 812990, 813920, 713940.

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Specializing in Compliance Solutions Mandated by the Patient Protection and Affordable Care Act (PPACA) 2010

All 365|Health & Fitness and the LS365-Lifestyle Solutions Programs currently meet all criteria required in Section 2713, Section 2717, and Section 2718 of the Patient Protection and Affordable Care Act of 2010 through present. Specifically providing;
‘‘SEC. 2713. COVERAGE OF PREVENTIVE HEALTH SERVICES.”
‘‘(a) IN GENERAL.—A group health plan and a health insurance issuer offering group or individual health insurance coverage shall, at a minimum provide coverage for and shall not impose any cost sharing requirements for— ‘‘(1) evidence-based items or services that have in effect a rating of ‘A’ or ‘B’ in the current recommendations of the United States Preventive Services Task Force; ‘‘ (2) immunizations that have in effect a recommendation from the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention with respect to the individual involved; and ‘‘(3) with respect to infants, children, and adolescents, evidence-informed preventive care and screenings provided for in the comprehensive guidelines supported by the Health Resources and Services Administration. ‘‘ (4) with respect to women, such additional preventive care and screenings not described in paragraph (1) as provided for in comprehensive guidelines supported by the Health Resources and Services Administration for purposes of this paragraph. ‘‘(5) for the purposes of this Act, and for the purposes of any other provision of law, the current recommendations of the United States Preventive Service Task Force regarding breast cancer screening, mammography, and prevention shall
124 STAT. 132 PUBLIC LAW 111–148—MAR. 23, 2010

be considered the most current other than those issued in or around November 2009. Nothing in this subsection shall be construed to prohibit a plan or issuer from providing coverage for services in addition to those recommended by United States Preventive Services Task Force or to deny coverage for services that are not recommended by such Task Force. ‘‘(b) INTERVAL.— ‘‘(1) IN GENERAL.—The Secretary shall establish a minimum interval between the date on which a recommendation described in subsection (a)(1) or (a)(2) or a guideline under subsection (a)(3) is issued and the plan year with respect to which the requirement described in subsection (a) is effective with respect to the service described in such recommendation or guideline. ‘‘(2) MINIMUM.—The interval described in paragraph (1) shall not be less than 1 year. ‘‘ (c) VALUE-BASED INSURANCE DESIGN.—The Secretary may develop guidelines to permit a group health plan and a health insurance issuer offering group or individual health insurance coverage to utilize value-based insurance designs.

SEC. 2717. ENSURING THE QUALITY OF CARE.

(a)(1) IN GENERAL.—

(A) improve health outcomes through the implementation of activities such as quality reporting, effective case management, care coordination, chronic disease management, and preventative medication and care compliance initiatives, including through the use of the medical homes model as defined for purposes of section 3602 of the Patient Protection and Affordable Care Act, for treatment or services under the plan or coverage;

(B) implement activities to prevent hospital readmissions through a comprehensive program for hospital discharge that includes patient-centered education and counseling, comprehensive discharge planning, and post dis- charge reinforcement by an appropriate health care professional;

(C) implement activities to improve patient safety and reduce medical errors through the appropriate use of best clinical practices, evidence based medicine, and health information technology under the plan or coverage; and

(D) implement wellness and health promotion activities.

(a)(2) REPORTING REQUIREMENTS.—

(b) WELLNESS AND PREVENTION PROGRAMS.—For purposes of subsection (a)(1)(D), wellness and health promotion activities may include personalized wellness and prevention services, which are coordinated, maintained or delivered by a health care provider, a wellness and prevention plan manager, or a health, wellness or prevention services organization that conducts health risk assessments or offers ongoing face-to-face, telephonic or web-based intervention efforts for each of the program’s participants, and which may include the following wellness and prevention efforts:

(1) Smoking cessation.
(2) Weight management.
(3) Stress management.
(4) Physical fitness.
(5) Nutrition.
(6) Heart disease prevention.
(7) Healthy lifestyle support.
(8) Diabetes prevention.

Regarding “SEC.2718.BRINGING DOWN THE COST OF HEALTH CARE COVERAGE” (PPACA),

Our Solutions programs operate on a fixed annual cost basis keeping healthcare cost controlled on an annual basis at a reasonable renewable rate. Due to the effectiveness of the Solutions programs improving patient health outcomes, reducing risks of disease, and reducing the likelihood of hospital readmissions, the year over year cost of future *healthcare* coverages are directly reduced therefor reducing *healthcare* costs long-term for the entire family.

Annual cost per individual (per our Public Health Initiative) or employee (per Employee Wellness Solutions Sponsorship) may be as low as $1,816.19 annually, consisting of a $199.90 enrollment fee and thirteen (13) cyclical payments of $124.33 within a fifty-two (52) week initial term. Cyclical premiums are credited via Electronic Founds Transfers (EFT) every twenty-eight (28) days as treatment solutions are respectively completed in four (4) week treatment phases. For most individuals classified in the “unhealthy” range implementation of the Lifestyle Solution and Milestones Solutions Program saves the patient more than $291.40 in extra medical costs every month in the first year. Implementation of the Lifestyle Solution and Milestones Solutions Program saves the patient more than $1,457 minimally in extra medical costs over the course of the first year, $7,285 in the first five (5) years.

Patient Status and Qualified Health Solutions (QHS)							
	Patient Status	**Qualified Solutions Options**	**Enrollment + HFO**	**Cyclical Script Range**	**Script Annl Low**	**Script Annl High**	**Total Annl Script**
Athlete							
W	14-20%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
M	6-13%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
Fit							
W	21-24%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
M	14-17%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
Acceptable							
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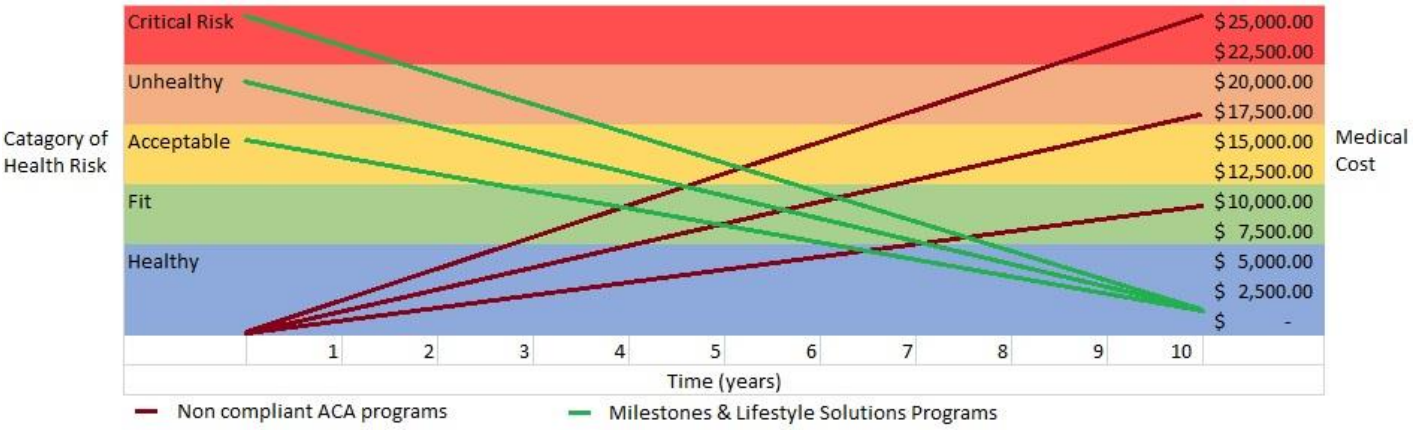
M	18-25%	MI - MVII	$308.04	$79.90 - $1081.44	$1,038.70	$14,058.72	$1,346.74 - $14,366.76
Unhealthy							
W	+32%	MIV - MVII	$308.04	$270.36 - $1081.44	$3,514.68	$14,058.72	$3,822.72 - $14,366.76
M	+26%	MIV - MVII	$308.04	$270.36 - $1081.45	$3,514.68	$14,058.72	$3,822.72 - $14,366.76

Implementation of the Lifestyle Solution and Milestones Solutions Program saves the patient thousands of dollars in extra medical costs over the course of 10 years (as seen below).

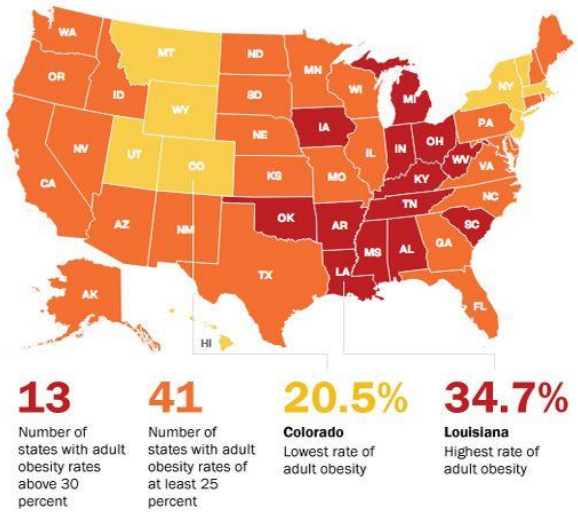


1.3 MARKET ANALYSIS

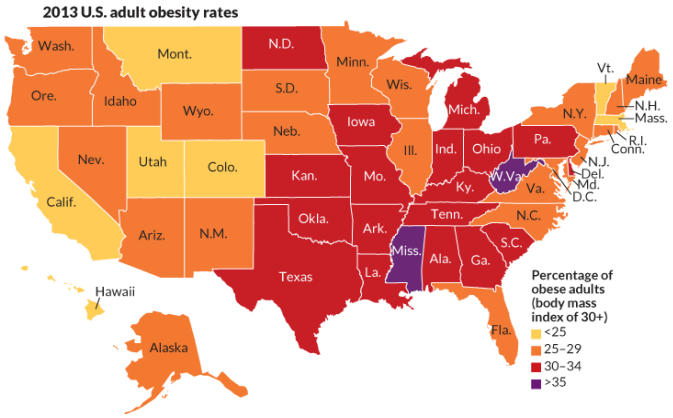
Public Healthcare Initiative: of the **UNITED STATES OF AMERICA** (Immediate)

The market for PPACA compliant *healthcare* solutions may be summarized with four (4) images published by the Center for Disease Control pertaining to the years 2012, 2013, 2014, and 2015. It is extremely alarming to see the deterioration of the national public health status as it multiplies its crippling effects year over year.

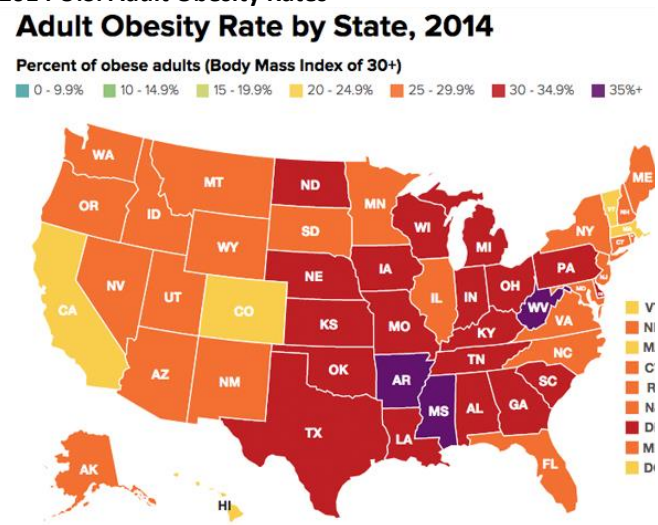
2012 U.S. Adult Obesity Rates



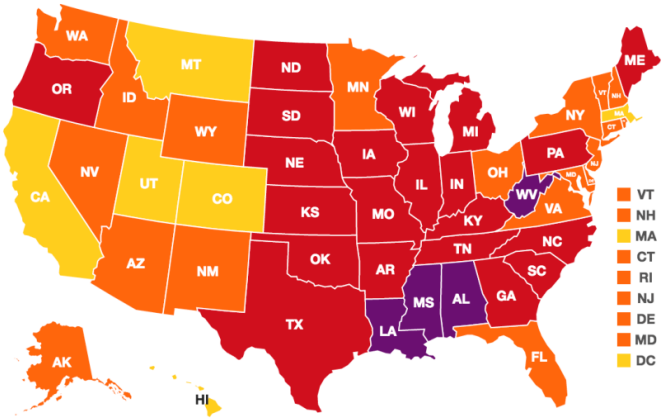
2013 U.S. Adult Obesity Rates



2014 U.S. Adult Obesity Rates



2015 U.S. Adult Obesity Rates



It is substantial to note that the Center for Disease Control (CDC) gauges obesity in these charts (above) utilizing the Body Mass Index (BMI) parameters. This is an outdated measure of practice implemented by doctors in the medical field. As it pertains to *preventative healthcare*, the *preventative healthcare* field, and the PPACA the unit of measure advised in current markets upon the patients initial health analysis is the patient's Body Fat Percentage (BF or BFP). When these maps are translated utilizing BF measurements as provided by the LS365-Lifestyle Solutions (Solutions) program health status indexes at http://www.iiivivfitness.com/TOC_MileStones2.htm these critical health statistics are far worse. In short, at present, seventy percent (70%) of the public population in the United States is classified as clinically obese. That is for men a BF of more than twenty-five percent (25%) and for women a BF of more than thirty-one percent (31%). These rates are also increasing in severity year over year. In metropolitan areas of the United States where corporations are the primary employer, clinical obesity of the public population is nationally averaged at eighty-five percent (85%).

Patient preferred treatment solutions reflect the demographics and standards much in the same way that wellness, nutrition, therapy, fitness, and rehabilitation clinics are segmented throughout North America and the United States. In general 365|Health & Fitness attracts adults in the twenty-four to seventy (24 to 70) year old range, who either live or work in the area. It is not unheard of that provided a sound staff and integral quality of care rating, patients may regularly travel up to twenty (20) miles two (2) to three (3) times per week to achieve their personal health goals and necessities. Of course, 365|Health & Fitness appeals to many persons beyond this group.

For the complete to date report of today's Public *Healthcare* Initiative, solutions pertaining to *healthcare* providers, *healthcare* solutions pertaining to employers, Payor solutions, education and entrepreneurial solutions in present demand by professional trade schools, universities, and institutions, reporting, regulation, and *healthcare* administration, as well as public monetary exchange solutions see the attached report titled "REPORT: PUBLIC HEALTHCARE INITIATIVE 2016".

1.4 STRATEGY AND IMPLEMENTATION

Prior to opening expansion facilities, a program titled LS365-Lifestyle Solutions has been published and released for distribution/sale to the public, providers, employers, and institutions with proprietary licensed counseling, coaching, therapy, training, and rehabilitation in existing facilities. This has helped peak interests and continues to illustrate the type of professional expertise that is available. 365|Health & Fitness is currently listed as a registered vendor and in procurement phases in over two hundred (200) health benefits contracts with Public Organizations, Government Agencies, and Fortune 500 companies. 365|Health & Fitness accompanied by the LS365-Lifestyle Solutions program continues to bare a heavy web presence, led by online web casts, recordings, and blogs that form and mold the patient, provider, employer, and institutional community subscribers as well as attract new members/subscribers.

365|Health & Fitness has leveraged its alliances to help gain early member attraction. This attraction has grown to a capacity fulfilling Partnership investment opportunities assisting in undertaking strategy and implementation solutions that include hiring and facilitating district, regional, and national exchange positions of patient solutions, provider solutions, employer solutions, payor solutions, institution solutions, financial solutions, and more.

For the complete to date report of today's public *healthcare* initiative, strategies and implementation solutions pertaining to *healthcare* providers, *healthcare* solutions pertaining to employers, Payor solutions, education and entrepreneurial solutions in present demand by professional trade schools, universities, and institutions, reporting, regulation, and *healthcare* administration, as well as public monetary exchange solutions see the attached report titled "REPORT: PUBLIC HEALTHCARE INITIATIVE 2016".

1.5 MANAGEMENT

Key installation initiatives throughout respective counties, districts, states, and regions of the United States are managed and regarded by Partner investors. At this time all Partner investors are to secure a commitment of one million, one hundred thousand dollars ($1,100,000) in collateral, five hundred-ten thousand dollars ($510,000) in cash on hand (COH), and a respective monthly monetary commitment of twenty percent (20%) of their respective market endeavor. 365|Health & Fitness is in due of five (5) new Partner investors. In addition to other potential credentials, Partners and all management staff must have absolutely no criminal background history to be considered for their prospective position.

365|Health & Fitness operates strictly on a chain of command model establishing the President as key authority figure.

1.6 FINANCIAL PLAN

Public Healthcare Initiative: State of **TEXAS** (Immediate)

This phase of the financial plan details the substantial gains and profits accessible in the immediate area within the given districts of the state of Texas pertaining to patient, provider, and employer Solutions.

Divestiture of Provider Solutions

Pertaining to the Patient Protection and Affordable Care Act, this acquisition creates an entirely new category of *healthcare* provider in *preventative healthcare* and employment opportunities for a range of six to sixteen thousand (6,000-16,000) individuals to be known as Professional Health Counselors or provider subscribers. Forty percent (40%) profit margin is retained before taxes and employee wages. Royalty payments are also to be considered.

Provider Acquisitions	Units	License Fee	Production	Profit Margin	Total Profit
Utility License	6000	$2,500	$15,000,000	40%	$6,000,000
Certification & Exam	6000	INCLUDED	INCLUDED	INCLUDED	INCLUDED
Credentialing	6000	INCLUDED	INCLUDED	INCLUDED	INCLUDED

Divestiture of Patient Solutions

365|Health & Fitness of McKinney, Texas presently retains a portfolio encompassing the administration of over two million (2,000,000) patient subscribers within the Texas districts of Collin, Dallas, Denton, Houston, and Tarrant counties by the years end. Forty percent (40%) profit margin is retained before taxes and employee wages. Royalty payments are also to be considered. These divestitures generate more than three billion, five hundred million dollars (estimated at $3,653,678,500) succeeding more than one billion, four hundred million dollars (estimated at $1,461,471,400) in the fiscal year of 2021.

Patient Acquisitions	Units	License Fee	Production	Profit Margin	Total Profit
Utility License	2,000,000	$1,816.19	$3,632,380,000	40%	$1,452,952,000
Certification & Exams	2,000,000	INCLUDED	INCLUDED	INCLUDED	INCLUDED
Enrollment	2,000,000	INCLUDED	INCLUDED	INCLUDED	INCLUDED

Divestiture of Employer Solutions

Employee Wellness Solutions necessitated by employers such as public organizations, government agencies, corporations and institutions at present total more than one thousand, two hundred and thirty-five (1,235) installations within the Texas districts of Collin, Dallas, Denton, Houston, and Tarrant counties by the years end. Forty percent (40%) profit margin is retained before taxes and employee wages. Royalty payments are also to be considered.

Employer Acquisitions	Units	License Fee	Production	Profit Margin	Total Profit
Utility License	1,235	$5,100	$6,298,500	40%	$2,519,400
Certification & Exam	1,235	INCLUDED	INCLUDED	INCLUDED	INCLUDED
Enrollment	1,235	INCLUDED	INCLUDED	INCLUDED	INCLUDED

365|Health & Fitness has been cash flow positive since its inception in the year of 2011. In the year 2014, 365|Health & Fitness officially filed as a corporation founded on its proven record of business and accounting practices. Today 365|Health & Fitness is renowned for its ability to remain cash flow positive in multiple volatile *healthcare* markets (including patient care, provider and employer *healthcare* solutions) with its continued diligence of the practical application of these methods.

1.7 FUNDS REQUIRED, SOURCES, AND USES

365|Health & Fitness, McKinney is seeking resources in the form of a loan and a line of credit that will be used to engineer an infrastructure, secure property to build-out facilities, acquire equipment, expedite marketing solutions, and inhabit respective corporate headquarters generating $251,685,003 annually. This line of credit will be paid off within three (3) years.

Public Healthcare Initiative: State of **TEXAS** (Immediate)

NOTICE: This summary of Sources and Uses is to assist in the compliance, maintenance, and retention of the respective line(s) of credit being allocated pertaining to:

7. Immediate Human Workforce Demand
    a. We currently have 134,330 and incurring 2,000,000 more new requests for healthcare solutions that improve patient outcomes, reduce risk of disease, prevent hospital readmissions, and improve physical performance.
    b. These solutions are delivered initially via the Milestones I Solution that requires 7-50 minute consultations to be completed within a calendar year.
    c. This demand concludes a cumulative 940,310 annual working hours in immediate demand.
    d. The Dallas/Fort Worth and Houston territories minimally require 453 Professional Health Counselors (PHC) working full-time at 40 hours per week for 52 weeks.
8. Required Funds for Wages of Immediate Workforce Demand
    a. The Dallas/Fort Worth and Houston territories minimally require 453 Professional Health Counselors (PHC) working full-time at 40 hours per week for 52 weeks.
    b. At a professional hourly rate of $19.95, for 40 hours per week, by 52 weeks annually, the given wages earned are $41,496 per PHC.
    c. Given the immediate demand range of 453-467 PHC's within the Dallas/Fort Worth and Houston territories, the immediate wages (at minimum) needed totals $19,378,632.
9. Immediate Employer Installation Demands
    a. Employers are in great demand for PPACA compliant healthcare solutions that improve patient outcomes, reduce risk of disease, prevent hospital readmissions, and improve physical performance.
    b. Many have mutually registered with 365|Health & Fitness Inc. in this capacity. The immediate facilities within the Dallas/Fort Worth and Houston territories total 1,235 facilities ("environments").
    c. A preliminary critical needs analysis has been completed with approximately 148 employers, organizations, and agencies in the Dallas/Fort Worth, Houston, and Oklahoma territories.
    d. 50 of these employers, organizations, and agencies at this time require an in-depth analysis of each of these individual environments. This second in-depth analysis does require monetary transaction be completed. This includes but is not limited to legal retainers for special representation in these environments. It requires a licensed broker to oversee and expedite these transactions. The outcomes and infrastructure to record, report, and complete

these and many respective operations is at this time, immediately required to avoid any further patient impairment is critical.

e. Current retainers, legal, brokerage, professional, and infrastructure fees exceed $500,000 on or before January 1, 2020.

10. Additional Facilities Required to Service Immediate Outpatient Demands of Employee Wellness Solutions
    a. At this time immediate offices are required to service the demand of outpatient care in the Dallas/Fort Worth and Houston territories. These facilities must provide minimal equipment, supplies, and resources to all employees and respective patients in delivering un-sacrificing solutions of improving patient health outcomes, reduction of risk of disease, prevention of hospital readmissions, and improvement of physical performance.
    b. These facilities must be capable of hosting an environment that enables 30-50 PHC's to work professionally and uncompromising in reporting, regulation, and delivery of solutions.
    c. Facilities must range from 50-100 thousand square feet of working space.
    d. Appropriately zoned parking area included, facilities must occupy 2-10 acres of property ("real-estate").
    e. The central location, city of Frisco, Texas is appropriately zoned for these business purposes and facilities.
    f. The FMV/average commercial acre of real-estate in Frisco, Texas is $850,000. Facilities to occupy 2 acres of real-estate in Frisco, Texas immediately require $1.7 million plus taxes and fees. Facilities to occupy 4 acres of real-estate in Frisco, Texas immediately require $3.4 million plus taxes and fees. Facilities to occupy 6 acres of real-estate in Frisco, Texas immediately require $5.1 million plus taxes and fees. Facilities to occupy 8 acres of real-estate in Frisco, Texas immediately require $6.8 million plus taxes and fees. Facilities to occupy 2 acres of real-estate in Frisco, Texas immediately require $8.5 million plus taxes and fees.
    g. NOTE: Patient care facility build-out options are scalable ranging from 2-10 acres.
    h. For real-estate plot [future site]: presently requires professional fees engineering $150,000+, dirt work for a building pad, and parking lots paved. The culverts from county road, driveway dirt work and paved. Landscaping around the building and landscaping the pond with fountain. Water meter purchased and installed. Sewer systems installed, heating and cooling units purchased and installed.
11. Executive Salaries Required
    a. At this time key individuals expediting Executive capacities must be bound by a signed employment agreement consisting of a fixed annual salary payed it to them on a bi-weekly continuum. As follows:
    b. President: $1,500,000 annually, payed it to them on a bi-weekly basis. Bonuses may also apply. Totaling $1,500,000.
    c. Executive Director(s): Each $65,000 annually, payed it to them on a bi-weekly basis. Bonuses may also apply. Immediate human workforce demands the employment of 8 Executive Directors to service the Dallas/Fort Worth and Houston territories. Totaling $520,000.
    d. Director(s): Each $45,000 annually, payed it to them on a bi-weekly basis. Bonuses may also apply. Immediate human workforce demands the employment of 20 Directors to service the Dallas/Fort Worth, Houston, and Oklahoma territories. Totaling $900,000.
    e. The total Executive salaries for fiscal year 2021 are $2,920,000.
12. Equipment/Machinery Required
    a. There is a wide spectrum of equipment that is required, the size standard of the equipment required per this facility is $1,700,000 not including taxes.
13. Inventory Needed
    a. With the immediate demand for 467 Provider installation units and only 50 in present inventory, current demand requires the acquisition of 417 additional units.
    b. Whole sale discounts provide a 40% discount.
    c. The total for immediate inventory needed is $625,500 plus tax.
14. Marketing
    a. See Executive Summary for complete overview of marketing proposition.
15. Insurance
    a. At this time $250,000 in annualized premiums are required to secure that all assets and liabilities are at absolutely no risk of loss or impairment for the immediate imminent future.
16. Legal & Professional Fees
    a. At this time $250,000 cash on hand is requested to secure that all assets and liabilities are at absolutely no risk of loss or impairment for the immediate imminent future.

1.7 FUNDS REQUIRED, SOURCES, AND USES

Item	Description	Total
A	Professional Health Counselors (human workforce)	453+
B	Wages for Professional Health Counselors	$19,378,632+
C	Infrastructure for Employers	$500,000+
D	Real-estate	$1,850,000+
E	Executive Salaries	$2,920,000+
	Combined bi-weekly payroll (January 1-December 31, 2021)	$857,640+
F	Equipment/Machinery	$1,700,000+
G	Inventory (417 units needed @ $2,500 ea. Less 40% discount)	$625,500+
H	Marketing (brochures, signage, advertising)	$125,500+
I	Insurance	$250,000+
J	Legal & Professional Fees	$250,000+
	Total funds request	**$27,599,632+**

Summary Completed by: Benjamin Mooney, 3/30/2020

2.0 365|Health & Fitness Summary

2.1 COMPANY AND INDUSTRY

365|Health & Fitness and the Lifestyle Solutions Program is the principle wellness, nutrition, strength and conditioning program for people of all shapes and sizes, from the highly specialized combat warrior to the grandmother trying to build enough strength to pick herself up after a fall. Reduction of physical and mental stress , improvement of personal health, wellness, nutrition, physical fitness, sports performance, and lifestyle for armed services, disabled individuals, and the general public are just a few of the rewarded accomplishments of the LS365-Lifestyle Solutions program.

The LS365-Lifestyle Solutions Program utilizes ten standards of fitness; flexibility, cardiovascular/cardiorespiratory endurance, stamina, coordination, balance and accuracy, strength, power, speed, and agility.

2.2 LEGAL ENTITY AND OWNERSHIP

365|Health & Fitness is currently registered with the Secretary of State (Texas) as a C-Corporation under the name “365|III.VI.V. FITNESS INC“, operating and Doing Business As (DBA) “365|Health & Fitness Inc.”, “365|Health & Fitness”, “365|Health & Fitness-Plano”, and “365|Health & Fitness-Ft. Worth.”

2.3 FACILITIES AND LOCATION

365|Health & Fitness, McKinney is located in McKinney, Texas currently operating as an on-Site, in-home, telephonic, and on-line health, fitness, therapy, and wellness services company. This organization will be occupying roughly 102,000 square feet of commercial space. Service and sales area: 3000 sq ft. Clinic, therapy, and treatment facility space: 70,500 sq. ft. Office and manufacturing: 18,000 sq ft. Restrooms: 6,000 sq ft.

Some 365|Health & Fitness facilities offer resort like settings with traditional health club amenities. Amenities may include trademark wellness clinics including Ozone Therapy Spas, Lifestyle Solutions trademark nutrition centers, F.I.T. Camp/Club trademark group fitness programs, clinical rehabilitation and sports performance services featuring “Precise.Professional.Results.” trademark personal training and physical therapy. Indoor and/or outdoor swimming pools, basketball, tennis, racquet courts, child care, café, and spas may be featured as well. Our centers will continue to host offices for telephonic and e-trainers (online coaches/trainers) to work with the public throughout the globe.

3.0 Products, Services, and Resources

3.1 PRODUCT DESCRIPTION

The LS365-Lifestyle Solution (Solutions) program is a hybrid-wellness, nutrition, cardiorespiratory, core, corrective exercise, flexibility, and total body resistance training program that simplifies all the components of healthy living. This fifty-two (52) week "plug and play" program establishes all desired results. The Solutions' guide, tools, and coaching resources will deliver every nuance of this comprehensive Solution simplifying the ***Critical 6*** components of your daily, weekly, and annual personal wellness, health and fitness. The **Critical 6** components are as follows:

The Critical 6

S.O.S. the Simple Optimal Solution module for wellness is a concrete approach to optimal detoxification, organ, and immune system wellness that is ideal for your daily, weekly, and annual optimal physical health for today and years to come.

B.N.C. the Balanced Nutrient Consumption program NEVER talks about calories, fat, or "points"! The primary focus of the LS365-BNC Solution is in the precise needs of your body's progress and goals. Balance Nutrient Consumption is a unique

system that focuses on the solutions instead of the problems, overcoming nutrient deficiency and its related diseases permanently.

P.C.T. the Progressive Cardio Training module is a "get started now" systematic means of establishing effective cardiorespiratory health and complies with the respective parameters set forth by the American Heart Association.

F.I.T. the Functional Integrated Training strength and resistance training module complies with, and expounds upon, the parameters set forth by the top three most highly accredited national certification boards in Personal Fitness Training. Namely, the National Exercise and Sports Trainers Association N.E.S.T.A.), the National Academy of Sports Medicine (N.A.S.M.), and the National Council on Strength and Fitness (N.C.S.F.). This seven (7) phase workout and resistance training module features built in safety and progression parameters that are easy to understand and execute effectively.

F.C.T. the Functional Core Training module, consisting of four (4) core muscle development phases, delivers results that have proven to prevent future injuries in both life and fitness training, increase physical performance ability, and achieve positive physical adaptation week over week, month over month, and year after year.

FLEX-101 this systematic approach and practical application of proper flexibility and corrective exercise techniques provides you with optimal performance and development of all of your body's muscles.

The LS365-Lifestyle Solutions module is the principle strength and conditioning program for people of all shapes and sizes, from the highly specialized combat warrior to the grandmother trying to build enough strength to pick herself up after a fall. This is a health and fitness program that is, by design, precise and exclusive.

The LS365-Lifestyle Solutions program complies with all comprehensive *healthcare* standards required set forth by in action of the Patient Protection and Affordable Care Act (PPACA). Regarding specifically to include regarding Section 2713, Section 2717, and Section 2718.

3.2 SERVICE DESCRIPTIONS

Health & Fitness Orientations (HFO) composition analysis and physical performance screenings are done every 2-4 weeks which helps detail the changes each individual needs in their customized training to reach their goals. Furthermore, through those Solutions, a timeline is made much more achievable. The capability of outlining health wellness success has never been made so easy!

The Milestones Solution (MS) offers e-training, telephone counseling, and visits with a Professional Health Counselor/Coach that offers Lifestyle Solutions in weight-management, personal health management, fitness, and much more. A comprehensive Lifestyle Solutions program of skill-building in dietary and exercise habits under the guidance of a registered dietitian, a trained professional health coach, or exercise specialist achieves realistic goals, rather than failing to achieve what are nearly impossible goals.

Functional Integrated Training Club (FIT CLUB) provides an enjoyable and group fitness atmosphere. Get fit, be motivated, motivate others, set new fitness records, or compete with friends! Every four (4) weeks a new phase of challenges begins all over again to make you the BEST YOU! Success is set by the "5 Star Fitness Standards."

When a person exercises in a group, has fun and uses everyday functional movements; he or she is far more likely to exercise more often, eat better, have less injuries and lose weight while gaining muscle mass. Our trademark SOLUTIONS, F.I.T. (Functional Integrated Training) Camp, Boot Camp (Group Cardio Class), and Nike Training Club® programs provide all of the elements necessary for participants to achieve their fitness goals.

After each client completes the Jump Start Solution and have shown to be proficient in the necessary *practical application* techniques, options to join our Group Exercise Programs and/or Vis-a-Vis Training and Therapy Programs will be presented. These along with many other Solutions Services options. All Solutions Services Programs include workouts and all of the Critical 6 aspects of the SOLUTIONS program in every session. Each workout is varied in intensity and in technique difficulty. Clients will often be timed and encouraged to develop their mental and physical limits. Cost: $120 per month or $1,560 per year for one class (2 sessions per week), $150 per month or $1800 per year for one class (3 sessions per week), or $250 per month for an Unlimited Subscription. Personal Training is offered three times per week at $799.90 every four weeks or $10,398.70 annualized.

Employee Wellness Solution (EWS) programs are just some of the many health and wellness services we have to offer. By installing the LS365-Lifestyle Solutions Program with the Milestones Solutions and F.I.T. Camp Solutions Programs, employees and affiliates will elevate their lifestyle and increase their overall health conclusively omitting many common health risks that plague societies across the United States today.

3.3 RESOURCES DESCRIPTION

The LS365-Lifestyle Solutions program in cooperation with 365|Health & Fitness host a variety of both on-line and off-line resources and solutions featured on the world wide web at www.iiivivfitness.com.

3.4 FEATURES AND BENEFITS

365|Health & Fitness' Jump Start Solution, The Fundamentals: Each participant attends a one-on-one session three part series with a 365|Health & Fitness Professional Health Counselor. Within these sessions, the participant will learn the *practical* application techniques required in establishing a successful environment of healthy living. These *practical application* techniques include:

- Establishing a Reasonable Timeline for your fitness goals
- Balanced Nutrient Consumption
- Wellness Strategies for life
- Progressive Cardio Training
- 7 phases of Functional Integrated Training

3.5 COMPETITION

While there are many fitness alternatives, such as gyms, biking, hiking, organized sports and personal trainers, 365|Health & Fitness has no direct competitors. We offer the benefits of multiple national board providers (in coaching, counseling, therapy, evaluations, reporting, and training) at group *healthcare* provider cost. No competitor is currently able to process these practices though any other health insurance providers as, 365|Health & Fitness is.

There are several national chain health and fitness facilities in Dallas/Ft. Worth within our immediate area. 365|Health & Fitness is licensing providers and opening facilities close to these locations with the reservation of attracting a margin of their clientele due to the fact we are able to provide a higher quality of many of these programs at no additional cost to the patient.

3.6 COMPETITIVE EDGE/BARRIERS TO ENTRY

365|Health & Fitness is shifting the way society views *healthcare,* wellness, nutrition, health and fitness. People invest in our Solutions because we capitalize on every flaw every "national provider" has to offer. 365|Health & Fitness offers professional one-on-one coaching each and every time a person visits with one of our professionals.

Many facilities offer personal training for $35-$65 per session. Our professionals charge $80-$135 per consultation. Our Solutions program creates exclusive exercise prescription with precision. These programs are fun, intense and can be scaled to all ages and experience levels. The typical "national gym" caters to the bodybuilder types that have no functionality to what life may subject the patient to. Our Solutions programs and services do not create uneven muscle balances, compensations, and/or potential injuries. With our Solutions programs and services disabilities are rehabilitated. 365|Health & Fitness gives each individual an opportunity to lose weight, gain muscle mass, regain better agility and balance once enjoyed in prior times either as a child or former athlete. 365|Health & Fitness will staff the best qualified Rehabilitation and Sports Performance Specialists to further secure its niche in the wellness, health and fitness industry. All personal training staff are required to be a Master Trainers or be currently enrolled (with a qualifying Education Board(s)) in a curriculum to become a Master Trainer.

365|Health & Fitness will establish the first 365|Health & Fitness facility in our city, and will retain the exclusive rights to open future 365|Health & Fitness locations in the area.

3.7 DEVELOPMENT

In the future, 365|Health & Fitness will open additional locations to meet the needs of the each area across the United States. We are also developing installation modules for implementation into physical education and sports programs in area schools and universities. This is being expedited on a consulting basis per contract for services. In hosting specialty seminars on health, nutrition, cardiorespiratory development, rehabilitation, sports performance, wellness, and much more, these additional revenues are adding to our bottom line.

Expansion of our online store featuring the merchandise offered at our facilities and other items is currently under way.

4.0 Market Analysis Summary

4.1 TARGET CUSTOMER

The market for wellness, health and fitness counseling/training reflects the demographics and standard of living in much the same way that "national gyms", personal training, and provider clinics are segmented. Below are listed market segments based on the usual demographics seen in today's health and fitness industry (parameters are subject to vary per district or region):

- 365|Health & Fitness appeals to adults in the 24 to 70 year old range, who either live or work in the area.
- Of course, 365|Health & Fitness will attract people outside of this group, but this is one of our strongest market segments.
- The minimum required population within five miles of provider clinic facilities is a recommended 50,000 people.
- Average household income should be $75,000 or higher.
- Age range 24-70: It is known that in the health and fitness community , those clients looking for wellness coaching and personal training and willing to spend the money for it, are between the ages of 24-70

- Annual income of greater than $75,000: Most clients are more willing to pay a premium for one-on-one coaching when they make more than $75,000
- Percent of population with gym memberships: The latest study shows that 20% of the population has a gym membership. 365|Health & Fitness facilities tend to capture more than 20% of the population
- General population within a 5-6 mile radius of the facility: To run a successful facility, we need at least 50,000 residents to generate a sufficient number of members for a profitable entity
- Athletic males: 365|Health & Fitness attracts active male athletes.
- All females: Absolutely, 365|Health & Fitness attracts all types of females. Females are more willing to try new things and are less worried about failing

4.2 MARKET SIZE

As insurers one by one have announced their rescissions from state, national, and other markets the scope of necessity pertaining to comprehensive PPACA compliant *healthcare* solutions has exponentially grown throughout years 2010 through 2016. Today it is widely acknowledged that there remain entire states and regions of the United States that ensure absolutely no *healthcare* coverages at all. These states and regions stand at our highest priority for installation and implementation of comprehensive PPACA compliant *healthcare* solutions as follows:

Public Healthcare Initiative of **TEXAS:**

365|Health and Fitness is a Texas based company with growing markets in five (5) immediate markets including but not limited to Collin, Dallas, Denton, Houston, and Tarrant counties. Prior to the public announcement of health insurers like United Healthcare, Aetna, and others withdrawing from these markets in 2015 and 2016, our patient base communicated they were not receiving these Lifestyle Solutions and related programs from their current employer, provider, or chosen insurer and were more than willing to pay out-of-pocket to attain these imperative remedies. These statistics in their respective markets are given as follows:

Collin County

- Frisco's estimated population as May 1, 2015 is 147,580. The 2010 census shows a total of 74,174 people from ages 20-74.
- McKinney's estimated population as of January 1, 2015 is 155,142. The 2010 census shows a total of 81,272 people from ages 20-74.
- 365|Health & Fitness is currently registered as healthcare and fitness vendor of McKinney Independent School District. This group healthcare solution requires health and fitness solutions for more than five thousand (5,000) employees across thirty-three (33) facilities ("environment(s)").
- Initial dialogue has been engaged with the City of McKinney, Texas for these PPACA compliance solutions. This acquisition will additionally enroll tens of thousands of city and county citizens within the immediate inception.

Dallas County

- Dallas, Texas is home to some of the largest Fortune 500 companies employing hundreds of thousands of individuals. With major health care corporations like Aetna, United Healthcare, Blue Cross Blue Shield, Cigna, and dozens of others announcing four (4) fiscal quarters in a row that they will be ceasing all coverage regarding the PPACA and compliance thereof as of December 31, 2016, the Dallas/Ft. Worth market possess one of the greatest provider demands in the United States of America.
- Throughout Dallas County there are segments such as Las Colinas/Irving that have roughly 98,069 people that fall into the target range within a three mile radius, with a population of 321,209 within a five mile radius. This is one of our strongest market segments in Dallas County.
- Irving has more than 321,000 people that fall into the range of our target client within five miles of Las Colinas.
- The average household income of the population in Irving within a 3 mile radius is $105,474 and $89,637 in a five mile radius to either meet or exceed $75,000.
- Among others in Dallas County, 365|Health & Fitness is currently registered as healthcare and fitness vendor of Dallas, Garland, Plano Independent School District, and many others. This group healthcare solution requires health and fitness solutions for more than nineteen thousand (19,000) employees across one hundred eighty-eight (188) facilities ("environment(s)").

Denton County

- Denton City's estimated population as of January 1, 2015 is 122,302. Based on 2013's estimated population of 117,397, an estimated 81,708 people were between the ages of 18-64.

Houston County

- In Houston County, 365|Health & Fitness is currently registered as healthcare and fitness vendor of Aledo, Aldine, Alvin, Dickenson, Huffman, Humble, Pasadena, and Spring Independent School District. This group healthcare solution requires health and fitness solutions for more than thirty-one thousand (31,000) employees across three hundred and eight (308) facilities ("environment(s)").

Tarrant County

- In Tarrant County, 365|Health & Fitness is currently registered as healthcare and fitness vendor of Fit-Worth. Fit-Worth is a public health initiative established by the Mayor of Fort Worth. Fit-Worth has a span of over five million (5,000,000) subscriber/members from Fort Worth to Austin, Texas. This group healthcare solution requires health and fitness solutions for more than five million (5,000,000) subscriber/members across thousands of facilities ("environment(s)").

Public Healthcare Initiative: State of **TEXAS** (Immediate)

365|Health & Fitness of McKinney, Texas presently retains a portfolio encompassing the administration of over two million (2,000,000) patient subscribers within the Texas districts of Collin, Dallas, Denton, Houston, and Tarrant counties by the years end. This will generate minimal revenues of over three billion, six hundred million dollars (estimated at $3,632,380,000) and more than one billion, four hundred million dollars (estimated at $1,452,952,000) in corporate profit (pre-tax). The business will continue to grow by minimally five million (5,000,000) patient subscribers the following year generating an additional nine billion dollars (estimated at $9,080,950,000) in revenues and more than three billion, six hundred million dollars (estimated at $3,632,380,000 in corporate profit (pre-tax).

Annual maintenance of two million (2,000,000) patient subscribers necessitates at minimum more than six thousand, six hundred (estimated at 6,667) Professional Health Counselors also known as provider subscriptions. Annual maintenance of five million (5,000,000) patient subscribers necessitates more than sixteen thousand, six hundred (estimated at 16,667) Professional Health Counselors or provider subscriptions. Pertaining to the Patient Protection and Affordable Care Act, this acquisition creates an entirely new category of *healthcare provider* in *preventative healthcare* and employment opportunities for a range of six to sixteen thousand (6,000-16,000) individuals to be known as Professional Health Counselors or provider subscribers. Each Professional Health Counselors or provider subscription requires the initial acquisition of an LS365-Lifestyle Solutions utility license and proficiency certification at a cost to the prospective provider of two thousand-five hundred dollars ($2,500). Additional costs pertaining to industry required credentialing protocol may be necessitated. Initiation of six thousand, six hundred providers (projected at 6,667) will generate minimal revenues of more than sixteen million, six hundred thousand dollars (estimated at $16,667,500). Indenturing sixteen thousand, six hundred providers (projected at 16,667) will generate minimal revenues of more than forty-one million, six hundred thousand dollars (estimated at $41,667,500) in corporate revenues (pre-tax). Corporate profits are scheduled at six million, six hundred thousand dollars (estimated at $6,667,000) and sixteen million, six hundred thousand dollars (estimated at $16,667,000) respectively.

Employee Wellness Solutions necessitated by employers such as public organizations, government agencies, corporations and institutions at present total more than one thousand, two hundred and thirty-five (1,235) installations. Each of these facility ("environment(s)") installations acquisitions fees not less than five thousand, one hundred dollars ($5,100) from the time of initiation contact and critical analysis to on-site installation. Installation of one thousand, two hundred and thirty-five (1,235) Employer Solutions Systems generates minimal revenues of more than six million, two hundred and ninety thousand dollars (estimated at $6,298,500) in corporate revenues (pre-tax) and more than two million, five hundred thousand dollars (estimated at $2,519,400) in corporate profits (pre-tax).

Public Healthcare Initiative: States with **NO COVERAGE AVAILABLE** (Immediate)

States and regions of the United States with absolutely no coverage available are in dire need of the installation of entire *healthcare* systems especially inclusive of *preventative healthcare* as defined by the Patient Protection and Affordable Care Act (PPACA). These markets are asserted to be the easiest markets to penetrate and capitalize an immediate return on investment (ROI) due to the lack of competition as well as many other beneficial considerations. Within these markets there is very little conjecture or the practice of providers utilizing outdated information and practices that are contradicting to PPACA *healthcare* reform legislation; for lack of better analogy there presents a "clean slate". Due to this lack of conjecture in the market critical demographic and statistical data is easy to attain and process for ease of implementation. Minimally for the fiscal year of 2017 there are seven (7) states that will have absolutely no coverage available. Population of Alaska necessitating patient care and preventative healthcare solutions is 656,145. Population of Kansas necessitating patient care and preventative healthcare solutions is 2,907,289. Population of North Dakota necessitating patient care and preventative healthcare solutions is 757,952. Population of South Carolina necessitating patient care and preventative healthcare solutions is 4,961,119. Population of South Dakota necessitating patient care and preventative healthcare solutions is 865,454. Population of Vermont necessitating patient care and preventative healthcare solutions is 593,789. Population of Wyoming necessitating patient care and preventative healthcare solutions is 585,501. Total population of pertaining to NO COVERAGE AVAILABLE regions of the United States is 11,327,249.

This group healthcare solution requires health and fitness solutions for millions of individual subscriber/members across millions of facilities ("environment(s)").

Public Healthcare Initiative: States with the **MOST CRITICAL HEALTH RISK RATES** (Immediate)

For the last few decades there has been an epidemic of disease on the rise. This disease today is known as obesity. Prior to the induction of the PPACA obesity was not classified as a disease, only its related diseases were recognized pertaining to "qualified patient care". In 2010 the PPACA legislation finally recognized obesity as a disease. Today there are at least twenty-five (25) states of

the United States with critical health risk and obesity rates superseding thirty percent (30%). These states are; 1) Alabama, population 4,863,300; 2) Arkansas, population 2,988,248; 3) Georgia, population 9,434,454; 4) Illinois, population 12,801,539; 5) Indiana, population 6,633,053; 6) Iowa, population 3,134,693; 7) Kansas, population 2,907,289; 8) Kentucky, population 4,436,974; 9) Louisiana, population 4,681,666; 10) Maine, population 1,331,479; 11) Michigan, population 9,928,300; 12) Mississippi, population 2,988,726; 13) Missouri, population 6,093,000; 14) Nebraska, population 1,907,116; 15) North Carolina, population 10,146,788; 16) North Dakota, population 757,952; 17) Oklahoma, population 3,923,561; 18) Oregon, population 4,093,465; 19) Pennsylvania, population 12,784,227; 20) Tennessee, population 6,651,194; 21) Texas, population 27,862,596; 22) South Carolina, population 4,961,119; 23) South Dakota, population 865,454; 24) West Virginia, population 1,831,102; 25) Wisconsin, population 5,778,708. The total population being regarded as those with the highest potential or MOST CRITICAL HEALTH RISK RATES in the United States is 153,786,000–populous results from the United States Census Bureau as of July 1, 2016.

This group healthcare solution requires health and fitness solutions for hundreds of millions of individual subscriber/members across millions of facilities ("environment(s)").

Public Healthcare Initiative: States with **LIMITED COVERAGE AVAILABLE** (Immediate)

Out of fifty (50) states of the United States only eighteen (18) states will host more than one insurer for the fiscal year of 2017. Thirty-two (32) states will host only one or will not have a single healthcare insurer for the fiscal year of 2017. More than half of the United States population will have LIMITED COVERAGE AVAILABLE to NO COVERAGE AVAILABLE for the upcoming year, at a time when more than seventy percent (70%) of the population is critically clinically obese. As of July 1, 2016 the United States population was recorded at three hundred and twenty-three million (specifically 323,127,513). Application of the law of averages calculates that two hundred and twenty-six million (specifically 226,189,259) Americans will have inadequate *healthcare* coverages compliant to PPACA legislation (calculation: 323,127,513 x 70% = 226,189,259).

Additional markets of current expansion include Collin, Dallas, Houston, Ft. Worth, Austin, and San Antonio counties in Texas. Outside of the Southwest Region interests include Chicago, Illinois, Phoenix, Arizona, Orlando, Florida, Sacramento, Las Angeles, California, Portland, Oregon, and Seattle Washington.

Public Healthcare Initiative: of the **UNITED STATES OF AMERICA** (Immediate)

At the maturity of three hundred (300) franchised facilities and three hundred (300) licensees world-wide (or a combined subscriber base of 10,000,000 participants), 365|Health & Fitness will retain a massive annual reoccurring revenue of $18,161,900,000. This in addition to its additional royalty revenue generated via vis-à-vis consulting throughout all corporate, franchised, and licensed facilities. There is no defined maximum capacity due to this being a program available on the world-wide internet in a variety of languages. Recurring revenue via Electronic Funds Transfers is a critical part of the Value Based Business Model (VBBM). The company will continue to be cash flow positive in the coming years.

4.3 TRENDS

More than 20% of the United States population has a gym membership, and more than 67% of those with memberships are not satisfied with inadequate programs and services they employ and do not attend on a regular basis. 365|Health & Fitness realizes that with the comprehensive Solutions programs, quality services and exciting results, we can capture at least 50% of the people with gym memberships within a five mile radius of our location(s). When doing research on the fitness industry, we've found that there is a definite shift from the ordinary workout session (weights and running) to the increasingly popular group sessions. These workouts have proven to be more effective and enjoyable for many participants.

4.4 SWOT ANALYSIS

The SWOT analysis provides us with an opportunity to examine the strengths and weaknesses 365|Health & Fitness must address. It also allows us to examine the opportunities presented to 365|Health & Fitness as well as potential threats.

Strengths

- Knowledgeable and friendly staff: Our staff consists of professionally trained personnel that have a true passion for helping the community and caring for the needs of its subscribers. This becomes apparent when you look at our staff's professional background. We have proven that we are willing to go above and beyond to suit the needs of our client base.
- *Exclusive* Proprietary Wellness, Health & Fitness Programs: Our subscribers enjoy the finest in wellness, health and fitness strategies.
- Online presence: Each subscriber will have access to shop, schedule and track fitness progress online. All scheduling will be automated for fast and efficient communication with our subscribers.
- Fun, family ambiance: When you walk into our facility, you will feel the family atmosphere. Our members will feel comfortable and eager to cheer each other on.
- Clear vision of the market need: 365|Health & Fitness knows what our customers have been missing as their current program and gyms. We know what exercises work and we know what keeps people motivated. In return, we know we create very loyal, passionate members.

Weaknesses

- Newness: Although 365|Health & Fitness has built a loyal following, our brand is not yet a household name.
- Our programs and services are more affordable than personal trainers, but we will need to identify and engage the large mid-range customers.

Opportunities

- The growing population interested in group fitness: In the last couple of years, we've found that there is a huge population of individuals that are more interested in group workouts than going to the gym alone.
- Social bonds fostered by group workouts: Our exercise programs are building personal bonds and friendships. These bonds have led to an internet-based fitness community across the United States. It has become a viral marketing phenomenon, and memberships are sharing this excitement with new people every day.
- Growing market: 365|Health & Fitness is a relatively new brand in the marketplace. We have a foundation and a reputation within the diehard fitness community, but a significant percentage of our target market has still not been introduced to our services.
- Internet possibilities: We plan to create an online store and expand our international fitness community.

Threats

- Declining economy: Many people are becoming increasingly conservative with how their money is being spent, but the value we create in our products and services is unparalleled.
- Copycat services by providers: Certainly other providers try to mimic the success of 365|Health & Fitness and the LS365-Lifestyle Solutions program, but we are confident that our proprietary programs and national reputation will continue (as it has) to limit the impact of copycats on our bottom line.

5.0 Strategy & Implementation

5.1 PHILOSOPHY

365|Health & Fitness builds and provides only the best resources truly dedicated to solving the *healthcare* (comprehensive wellness, health, nutrition, fitness, etc.) needs of our subscribers. This will continue to be done through providing the highest quality Professional expertise, equipment, constantly keeping our staff up to date on continued education, practical application, and providing a clean and crowd-free facilities.

5.2 INTERNET STRATEGY

Our website www.iiivivfitness.com gives our customers the opportunity views current information on special events, schedule appointments, buy products, participate in an online fitness community, as well as apply for employment.

www.iiivivfitness.com will be promoted on all of our flyers, business cards and promo piece. We are linked to most social media venues (www.iiivivfitness.com (main site)) and are promoting investment opportunities throughout the globe.

www.iiivivfitness.com will maintain a simple and classy site. The website logos and graphics share the same artwork found on our signage and marketing materials. Our managers will maintain the website. JP MORGAN CHASE (Bank) will continue to provide the programming for EFT and billing scheduling done through our website. As part of our package with Solutions services, technical support will be included.

365|Health & Fitness is releasing an app to assist our subscribers and customers with their health, fitness and lifestyle compliance.

5.3 MARKETING STRATEGY

Our marketing activities include the following:

- A number of specifically focused web casts by leaders in their field of specifity
- Constant internet support and blogging
- Email advertising to current subscribers and potential leads
- Free park exercises to grow community awareness and new customers
- Sponsorship of local athletes and students in sporting and educational events
- Joining the Chamber of Commerce, Rotary Club and other local groups
- Participate in fitness and charity events

Positioning:

For the gym goers that aren't satisfied with their fitness routine, 365|Health & Fitness provides exclusive products, services, and high intensity exercise that works! Unlike Lifetime Fitness, 24 Hour Fitness, LA Fitness, Gold's Gym, or Bally's Total Fitness, 365|Health & Fitness, the Lifestyle Solutions Program, and Solutions Services are exclusive, fun and extremely effective.

Promotions:

365|Health & Fitness promotion strategy consists of word of mouth, email promotions and local advertising (newspaper, school flyers and non-profit organizations). We will also do regular lead-generation exercises in local parks.

We will make presentations to athletic directors and coaches of the local high schools and colleges. Since our background is in public safety, we will also present this program to our local public safety officers, such as police and fire personnel. We will actively participate in the local Chamber of Commerce and enter our members in local fitness events.

Our biggest promotional tool besides word of mouth comes from our website. Our website is linked to the main 365|Health & Fitness website that generates millions of hits throughout the year. When customers are looking for fitness programs they will usually find themselves going through 365|Health & Fitness main page and then searching for a 365|Health & Fitness location near them. If they live in nearby, the site will recommend our closest facility and provide the customer everything they need to join us.

5.4 SALES STRATEGY

One Saturday per month, 365|Health & Fitness invite all current subscribers to bring friends and family to participate in a workout. They learn basic moves and complete a 365|Health & Fitness and Solutions exclusive group workout. This gives new individuals a chance to experience what 365|Health & Fitness and Solutions is all about and shows them how effective our programs are. Guests will fill out a contact card and will be followed up on later date with invites to visit our facility and link to our website where they can find videos and blogs that support our health and fitness community. This marketing strategy allows us to generate many leads and gives potential customers a chance to actually try something before they buy. This strategy will continue for the life of our business. Current 365|Health & Fitness businesses have done this and have found great success doing so.

5.5 STRATEGIC ALLIANCES

365|Health & Fitness is affiliated with Solutions. 365|Health & Fitness promotes the fitness programs of all Partners. Since 2011, this company has grown tremendously. As a company, we are tied into like-minded facilities that are becoming increasingly popular. This community allows thousands of people to become exposed to our programs and services.

5.6 OPERATIONS

Operations teams will focus on marketing, hiring, and continued due diligence in the divestiture of respective Asset Allocations. All credentialed and qualified *healthcare* providers will fold three 365|Health & Fitness approved certifications. This policy insures that all providers have demonstrated proficiency in comprehensive Solutions methods through continued participation in certification courses in all aspects pertaining to wellness, health, nutrition, and fitness solutions.

5.7 GOALS

The primary goal is to create an elite community committed to 365|Health & Fitness and LS365-Lifestyle Solutions comprehensive products and services. The monthly objective is to generate at least 650 new subscribers. This will allow us to continue as a profitable wellness, health, nutrition, and fitness solutions business.

5.8 EXIT STRATEGY

The owners of 365|Health & Fitness are establishing this business as a cash flow company for themselves and as a vehicle to pursue their passion for wellness, health and fitness. 365|Health & Fitness will provide adequate return on investment to the owners, partners, and investors, as well as generate enough revenue to pay off the initial loan in the first five years. The owners may exit the business through an acquisition by another 365|Health & Fitness affiliate or a approved provider.

6.0 Management Summary

6.1 ORGANIZATIONAL STRUCTURE

365|Health & Fitness will follow a hierarchical-chain of command structure with Benjamin Mooney, MT at the top as President. The sales, advertising, programming, and administration will consist of only those individuals until such time as growth of the company will require more people. This is anticipated to occur within the year (for period ending December 31, 2020).

6.2 MANAGEMENT TEAM

Key installation initiatives throughout respective counties, districts, states, and regions of the United States are managed and regarded by Partner investors. At this time all Partner investors are to secure a commitment of one million, one hundred thousand dollars ($1,100,000) in collateral, five hundred-ten thousand dollars ($510,000) in cash on hand (COH), and a respective monthly monetary commitment of twenty percent (20%) of their respective market endeavor. In addition to other potential credentials, Partners and all management staff must have absolutely no criminal background history to be considered for their prospective position.

Benjamin Mooney, MT-RSPS is the Founding Partner and President of 365|Health & Wellness, Inc. This includes subsidies 365|Health & Fitness-Plano, 365|Health & Fitness-Ft. Worth, Texas, and 365|Sources, Texas. He has participated in 365|Health & Wellness ventures for several years, and is a Certified as a Master Trainer in Rehabilitation & Sports Performance 365|Health & Wellness and the LS365-Lifestyle Solutions program. Mr. Mooney retains active educational and practical backgrounds of accounting,

business organizational management, contract and commercial law, General Lines of Life & Health Insurance, annuities, Advanced Mediation and Advanced Arbitration, as well as a strong network of clients that are interested in 365|Health & Fitness-LS365-Lifestyle Solutions *exclusive* products and proprietary services forever indefinitely.

Jeremy Shi, M.P.H. has led in responsibilities including that of an Executive Director for 365|Health & Fitness-Ft. Worth, Texas. He has participated in 365|Health & Fitness responsibilities as of September 2015, retains an active and practical expertise within the context of public health, and as a Licensed-Certified LS365-Lifestyle Solutions provider. Jeremy Shi, MPH has experience backgrounds in new hire protocol, inducting new clients, health/fitness orientation protocol, patient management, presentations, and retains a strong network of affiliates that are interested in 365|Health & Fitness exclusive products and proprietary services forever indefinitely.

365|Health & Fitness managers must have a 365|Health & Fitness approved certification to engage clients. This minimum requirement will be met (if not already) by our management team within their first ninety (90) days of employment. All potential employees will be required to also maintain all required qualifications including but not limited to Continued Education Units (CEU's).

7.0 Financial Plan

7.1 REQUIREMENTS

365|Health & Fitness requires $5,660,938 to secure the appropriate corporate headquarters and expansion of infrastructure necessary to implement the divestiture of Asset Allocations from Frisco, Texas.

7.2 USE OF FUNDS

These funds will be used to secure commercial space, procure necessary equipment, and construct the required infrastructure necessary. A portion of these funds may be used for operating expenses until profits are realized.

7.3 INCOME STATEMENT PROJECTIONS

Impending years' revenues are scheduled to be realized in the billions succeeding in the trillions. Reoccurring revenues will grow to more than $300 billion in year five. During the same period, net profit will grow respectively.

The business will achieve break-even with the acquisition of 7,800 patient or provider subscriptions. 365|Health & Fitness will sustain its solvency throughout the year (for period ending December 31, 2020) and will leverage a market position that enables 365|Health & Fitness to reduce all liabilities to a zero balance (should key stakeholder and interests require) in year five (for period ending December 31, 2021). Income Statement and details are provided in the income statement attached.

7.4 BALANCE SHEET

The business will maintain primary Assets Allocations, equipment, and cash. The business will work hard to reduce liabilities with the goal of paying off all liabilities by the end of year five (for period of December 31, 2027).

7.5 ASSUMPTIONS

These projections are based on the assumption that the *healthcare* (encompassing wellness, health, nutrition, fitness, etc.) and respective market trends continue and regardless of any prospective or perceived competitor.

8.0 KEY FACTS

365|Health & Fitness established:	2011
Headquaters:	McKinney, Texas
Current FMV:	Not Listed
Projected Revenues:	$3.988T (for fiscal year 2020)
Employees:	3
Number of new jobs:	More than 500,000
Number of exchanges (NAICS):	18
Number of current markets:	43

B. Action of Resolution, VALIDATED

365|Health & Wellness is a registered United States Federal Contractor (per USFCR) in preventative healthcare solutions including health education. Today, one of the only healthcare organizations compliant to the policies set forth by the Patient Protection and Affordable Care Act (PPACA). With public organizations, agencies, employers, and providers, our Board of Directors and Officers stand committed to advancing healthcare solutions across the globe.

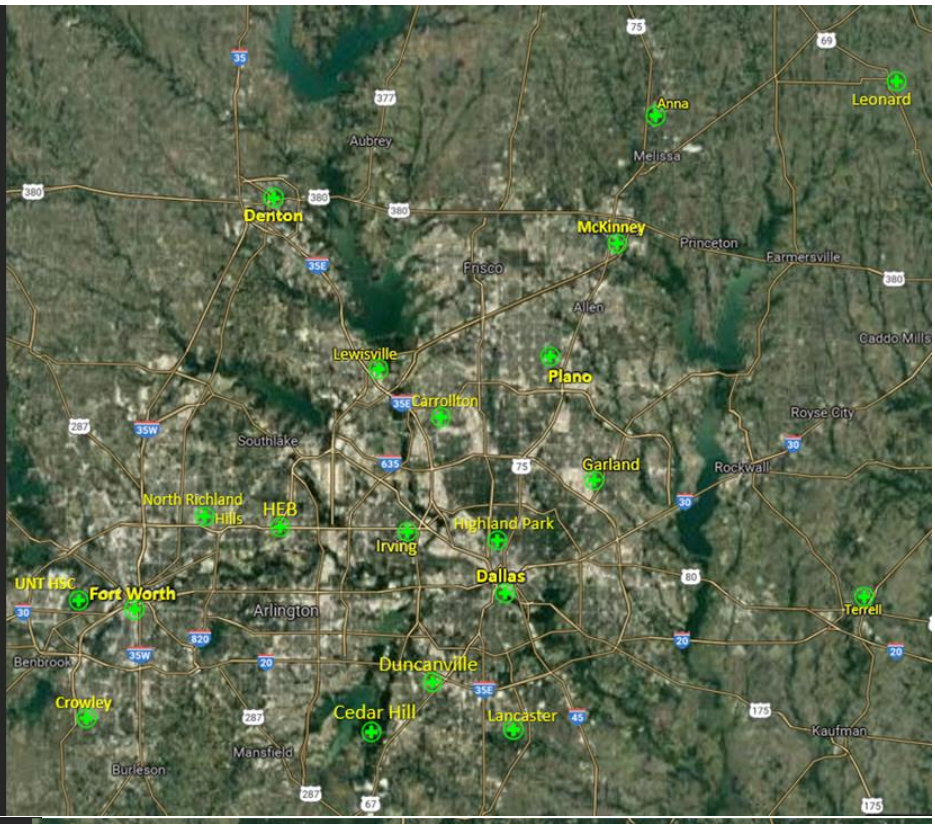
1. County Exchanges-ISD's all registered

NAME	Subscriber Count
Aldine ISD	9,400
Arlington ISD	4,000
City of Carrolton	74,600
County of El Paso	1,500
Frisco ISD	6,492
Ft. Worth ISD	10,427
Garland ISD	7,600
Georgetown ISD	1,922
Humble ISD	6,500
Irving ISD	4,182
Klein ISD	6,313
Pasadina ISD	8,000
Leonard ISD	-
Lewisville ISD	-
Plano ISD	7,000
Texas City ISD	900
Witchita Falls	
Dallas ISD	21,714
Aledo ISD	530
Alvin ISD	2,900
Clear Creek ISD	4,823
Galveston ISD	983
Huffman ISD	430
Laporte ISD	1,008
Spring ISD	5,000
Angleton ISD	834
Birdville ISD	-
Cedar Hill ISD	1,300
Channelview ISD	-
Chapel Hill ISD	
Coppell ISD	1,440
Crosby ISD	733
Crowley ISD	1,732
Deer Park ISD	1,840
Denton ISD	3,304
Dickinson ISD	1,300
Duncanville ISD	1,695
El Paso ISD	9,000
Friendswood ISD	1,200
HEB ISD	2,509
Highland Park ISD	800

Hitchcock ISD	222
Lancaster ISD	1,209
Lancaster ISD	1,209
Leonard ISD	-
Magnolia ISD	1,548
McKinney ISD	2,500
North Richland Hills ISD	-
Rio Grand City CISD	1,975
Roma ISD	495
Sante Fe ISD	-
Sharyland ISD	1,350
Terrell ISD	588
Tomball ISD	1,500
Wylie ISD	1,298
City of Allen	423
City of Anna	500
City of Arlington	3,025
City of Denton	825
City of El Paso	11
City of Irving	2,300
City of McKinney	1,271
City of Plano	1,285
City of Wylie	160
Nevada (NV)	
Austin, Texas Schools	12,000
Baylor Scott & White Medical Center	738
Collin College	2,631
Encore Wire Corporation	1,350
Fit-Worth	-
Medical Center of McKinney	1,000
Raytheon Space & Airborne Systems	2,725
School of Science and Technology (SOST)	-
TimberBlindsMetroShade	450
Torchmark Corporation	1,640
UNT HSC	
Little Elm ISD	
Richardson ISD	
Hallsville ISD	
Northwest ISD	
	250,739

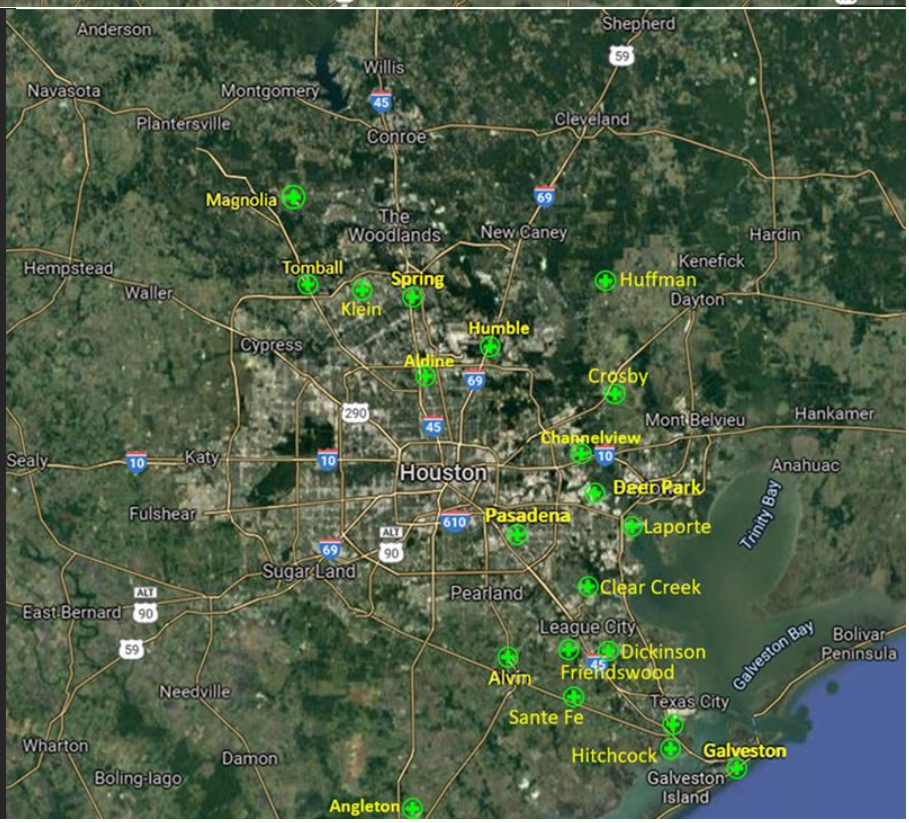
Dallas/Ft. Worth Market

17 ISD's, 4 municipalities, 1 University, more than 146,000 participants



Houston Market

21 ISD's, more than 50,000 participants.



3. State Exchanges-365|Health & Fitness is registered with the Secretary of State, Texas.

365 Health and Compliance to the Patient Protection and Affordable Care Act
365|Health & Wellness, is a Manage Care Organization, Multi-Specialty Group National Provider in Specialty Health Counseling (Lifestyle Solutions), Behavioral Analysis, Nutrition/Nutrition Education, Physical Therapy, and Occupational Therapy, Neuromuscular Facilitation, Cardiorespiratory Development, and Functional Integrated Training. We provide results by means of our precise Lifestyle Solutions Program delivered by Professional Health Counselors. All of our Solutions Services are available online (World Wide Web), on-site, in-home, and telephonic. Group discount programs are available through our corporate wellness solutions options. 365|Health & Wellness is presently expanding its current subscriber base in the United States of America through various USAID programs.

About Us
Featuring the only comprehensive Lifestyle Solutions Program available on the World Wide Web, 365|Health & Wellness delivers the Critical 6 Components of optimal wellness, nutrition, neurological alignment and neuromuscular facilitation, cardiorespiratory health, core strength and total fitness. With certified and licensed providers throughout the United States, our Directors and Officers are committed to revolutionizing healthcare to improve today's standards of care and improve health outcomes.

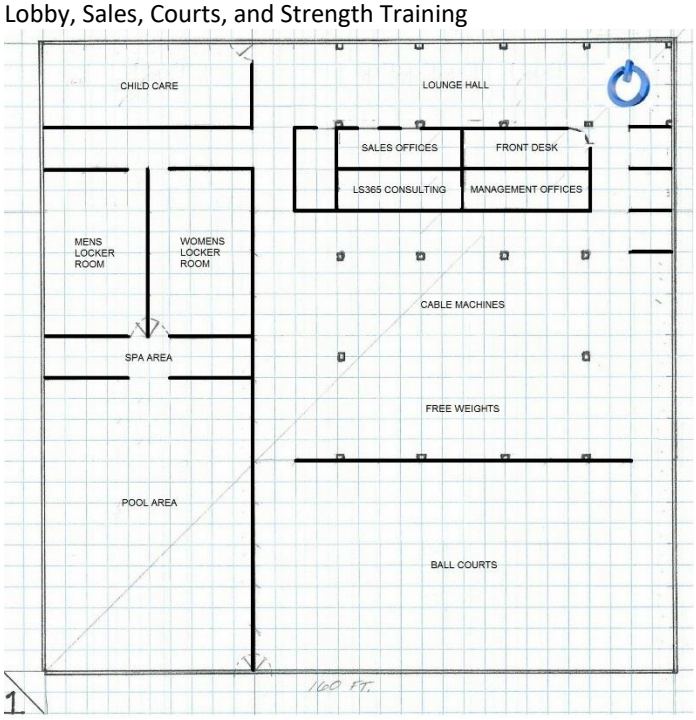
3.0 Federal Exchanges-only company listed as administration healthcare compliance per the USFCR

365 Health Leading by Design Engaged in providing advice and assistance to businesses and other organizations in one or more of the following areas: (1) human resource and personnel policies, practices, and procedures; (2) employee benefits planning, communication, and administration; (3) compensation systems planning; and (4) wage and salary administration, 365|Health & Wellness provides administration development training, provider and executive searches, recruitment, and placement services. Specified areas of strategy include Benefit or compensation consulting services, employee assessment consulting services, personnel management consulting services, and human resources consulting services. NAICS and SOLUTIONS 923120 Administration of Public Health Programs Health planning & development agencies MILESTONES HEALTH SOLUTION & INSTALLATION 923120 Administration of Education Programs Education program administration PROVIDER CERTIFICATION SOLUTIONS 813920 Administration of Education Programs Health Professionals' Associations VENDORS & PROVIDERS 611710 Professional Organizations Test Development & Evaluation Services, Educational LS365-LIFESTYLE SOLUTIONS 541612 Educational Support Services Organization Development Consulting Services 7 365 Health Comprehensive Care Operations In addition to all the varied services, products, and opportunities we provide we are persistently engaged in promoting the healthcare profession as a whole conducting research operations, developing statistics, sponsoring quality and certification standards, publishing newsletters, books, and periodicals, for distribution to all health professionals, scientists, and associations of and including these Provider Taxonomies: Cognition is the mental process of gaining knowledge and understanding through the senses, experience and thought. Cognitive learning is a style of learning that focuses on more effective use of the brain. 193200000X Multi-Specialty Group Member Taxonomy: 174400000X Details: Specialist 193200000X Multi-Specialty Group Member Taxonomy: 103K00000X Details: Behavioral Analyst 193200000X Multi-Specialty Group Member Taxonomy: 225100000X Details: Physical Therapist 193200000X Multi-Specialty Group Member Taxonomy: 101Y00000X Details: Counselor 193200000X Multi-Specialty Group Member taxonomy: 133NN1002X Details: Nutritionist/Nutrition, Education

FROM PUBLIC HEALTH INITIATIVE:

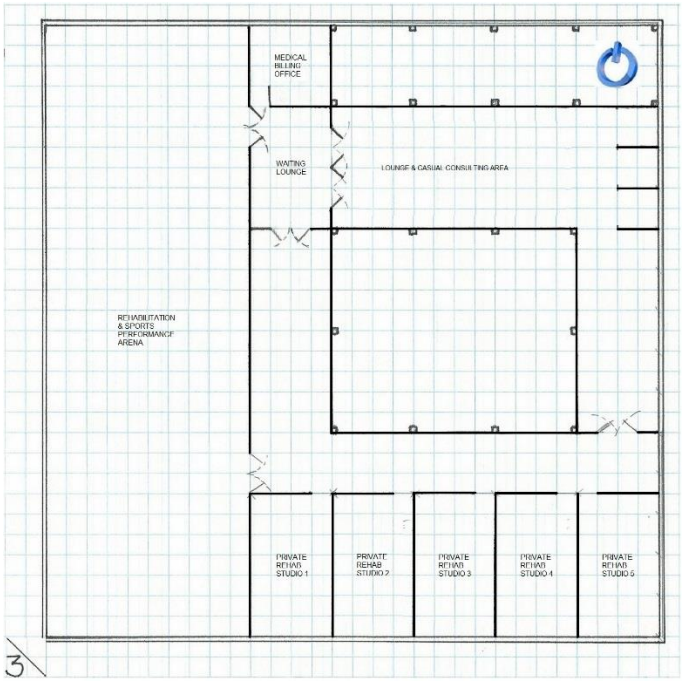
Section 1.7 – Corporate Headquarters (102,000 sq ft)

Level One-First Floor Design
Lobby, Sales, Courts, and Strength Training



Level Two-Second Floor Design
Private Studios, Group Studios, and Cardio Deck

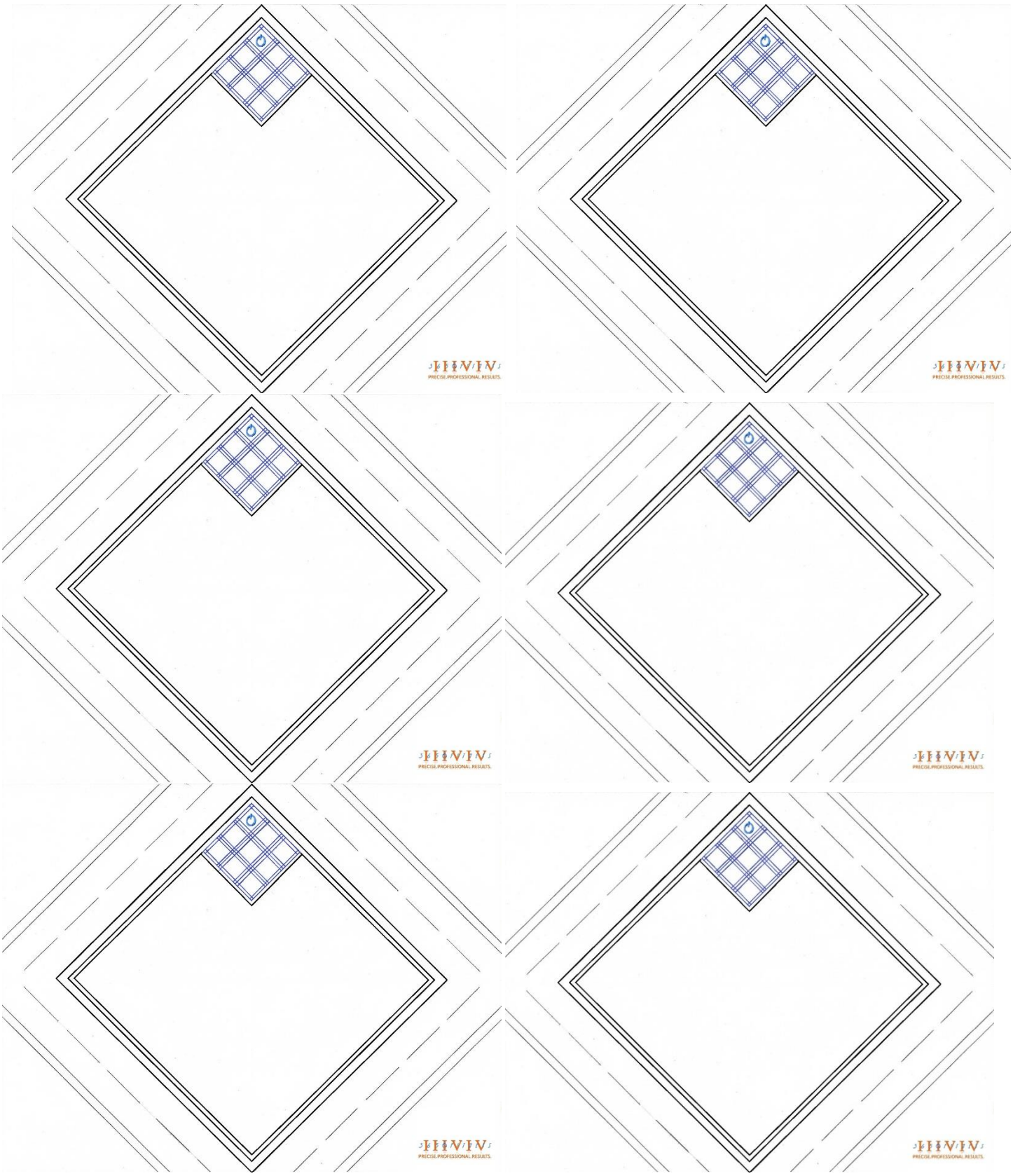
Level Three-Third Floor Design
Rehabilitation, Sports Performance, and Claims Office



Level Four-Forth Floor Design
E-Training, Executive, Manufacturing, and Corporate Suites

Section 1.7 – Corporate Headquarters

Satellite View



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3.2 **Jump up^** *Krugman, Paul (January 31, 2010). "Krugman calls Senate health care bill similar to law in Massachusetts". PolitiFact. Retrieved August 29, 2012.*

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