



BUSINESS SOLUTIONS

ENHANCING YOUR ORGANIZATION AND ITS MEMBERS

**White-labeled, turn-key, online and app-based
holistic wellness offerings for your members!**

THE TRICORE DIFFERENCE!



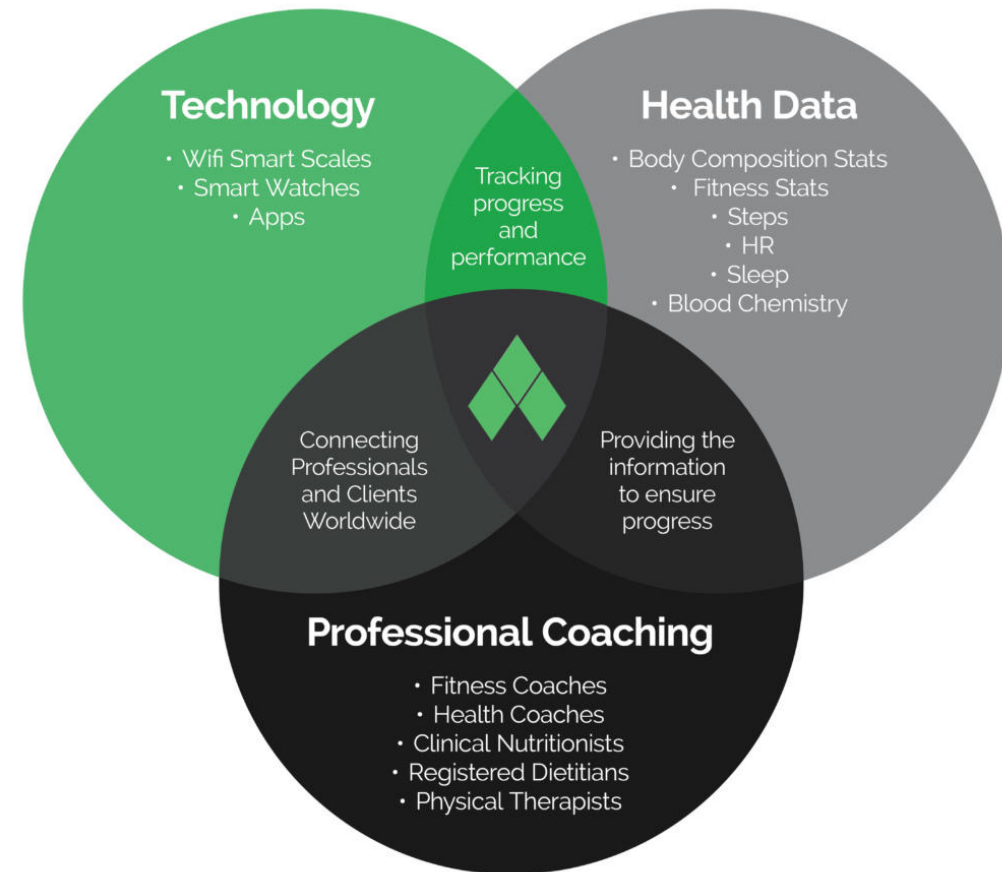
Team – Tools – Technology

Customized to your business!

- We provide **white-labeled online and wellness services** to fill in your program offering gaps and increase revenue!
 - Staffing Options
 - Program Development
 - App Services Integration
 - Processes Optimization
- Your business has access to TriCore's Staff to support the success of your business's fitness & wellness program!

MEMBERSHIP BASED BUSINESS SOLUTIONS

- At the “core” of our Business Solutions for any entity are **memberships**.
- Developing a relationship and having direct communication with a coach is indispensable for membership **retention and marketing!**
- Direct coaching is extremely important for **accountability, habit change, and consistency**.
- Concierge based membership services provide a **value-add** to any business



PROGRAM OPTIONS

1. App-Based Fitness & Wellness Coaching

- Drive relationship building
- Enhance communication
- Improve accountability
- Generate revenue year round *

2. Wellness Services Options

- Fitness Coaching
- Lifestyle Nutrition Coaching
- Clinical Nutrition
- Blood Testing
- Physical Therapy
- Mental Wellness Services
- Educational Presentations
- ... and more!

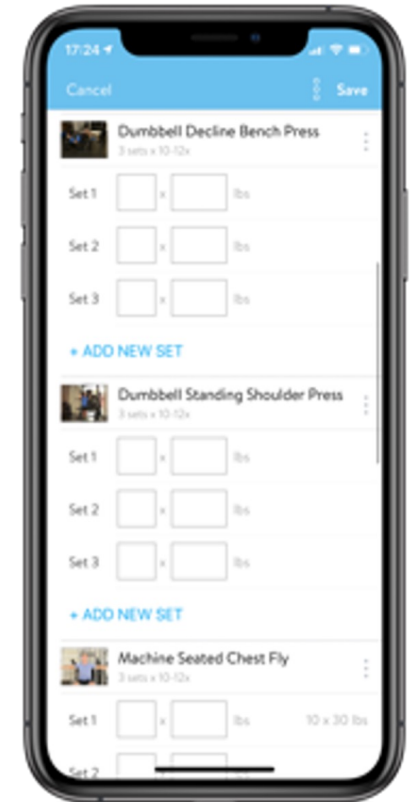
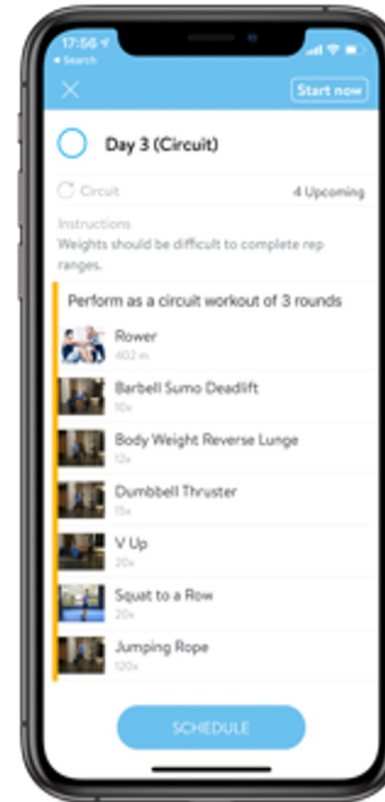
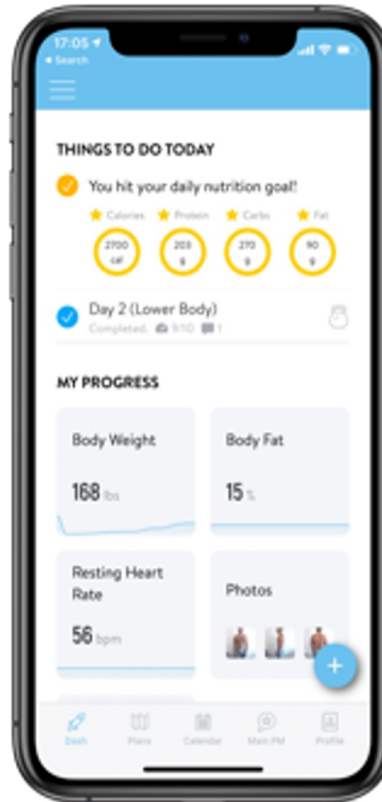


Let's design a program offering customized to your business!

DRIVING ENGAGEMENT

- **We have 5 key objectives when working with a business:**

1. Expand service offerings
2. Optimize business operations
3. Enhance member results
4. Generate more revenue
5. Increase membership retention



We can develop a *Custom Branded Fitness & Wellness App* for your business!

OUR SPECIALIZATIONS



OPERATIONS



PROGRAMMING

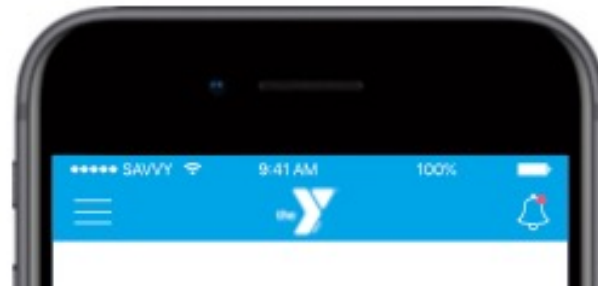


STAFFING

Streamlining online and wellness services into your business requires a unique understanding of your current operations and business goals. TriCore will work with your management staff to develop a customized service offering that can support your business's unique brand and member demographic!

BRANDING IS IMPORTANT!

- **Any services we provide your business will be Custom Branded!**
 - Enhance the stature and reputation of your business
 - Have members brag about their concierge wellness services
 - Market and share on social media their clubs service offerings and their results
 - Attract potential new members with leading edge technology and professional coaching



OUR PROCESS

■ Business Solutions Process Overview

1. Complimentary Business Assessment
2. Initial Program Proposal
3. Phased Implementation Plan

■ Core Service Offerings Include:

- Service Model Development and Consulting
- White-Labeled App Platform
- Business Operations Streamlining
- Staffing Solutions
- Program Development

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TRICORE + **CYPRESS**
PERFORMANCE BASED WELLNESS at HOME

TriCore Business Services Program Proposal
Cypress at Home

Cypress at Home Program Objectives:

1. Provide concierge wellness services to Cypress at Home Members
2. Use app-based platform for remote patient monitoring with connected health devices
3. Enhance communication and provide personalized wellness programming

Cypress at Home Metrics Monitored:

1. Workouts Completed
2. Cardio Completed
3. DAU/MAU to understand client usage trends

Cypress at Home Custom Branded App

1. **Cypress at Home App**^{*}
 - 6-8 week buildout:
 - o Custom Branded Mobile App (iOS and Android)
 - o Program Development
 - o Point of Contact Staff Training
 - o Employee Onboarding and Education
 - o Content Development
 - o App Marketing Consulting
 - o Assistance with connected health devices
 - o Customer Service & IT Support

*TriCore requires a 1-year agreement for Custom Branded app development.

Please consult a physician before performing any diet and/or exercise program. These statements have not been evaluated by the Food and Drug Administration. The products and programs suggested are not intended to diagnose, treat, cure, or prevent any disease.

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Connected Apps and Devices

- We also want to encourage the members to use our suite of connected apps and devices for enhancing program effectiveness and Remote Patient Monitoring
- The more data we have on the member the better!

GARMIN **WATCH** **fitbit**
myfitnesspal **WITHINGS**
InBody

Business Services Referral Bonus Structure

At TriCore, we provide a wide variety of fitness, nutrition, and wellness services. As part of our agreement, we want to support the fitness and wellness journey for your members all the way through! But we also want to benefit you!

From Clinical Nutrition and Blood Testing services, to upgraded membership options, when your clients use our services, we will provide a portion of our profit back to you as a thank you!

We have listed a complete breakdown of all of our product and service offerings in the accompanying PDF - 'TriCore Business Services Bonus Program v1.1'.

We encourage you to look through these services so that we can strategize on what would be best to market to your members! We want them to get healthier and for both you and TriCore to benefit! A true win-win-win!

Thank you for the opportunity to provide this program proposal!
We look forward to working with you!

Thank you,
Chris Edwards
Owner & Managing Director
TriCore@Wellness.com
219-232-1678
Chris@TriCoreWellness.com

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STAFFING OPTIONS

- **Service Options for Business Training and Club Staffing**

- In-Person
- Online



- **Staffing Models:**

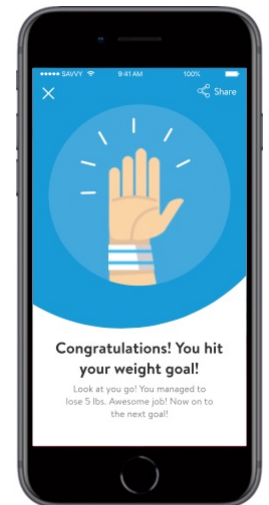
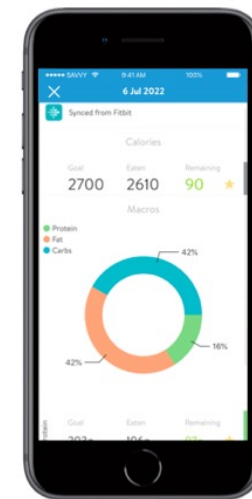
- YS (Your Staff)
- OS (Our Staff)
- MS (Mixed Staff)
- FA (Fully Automated)



CONNECTED APPS AND DEVICES

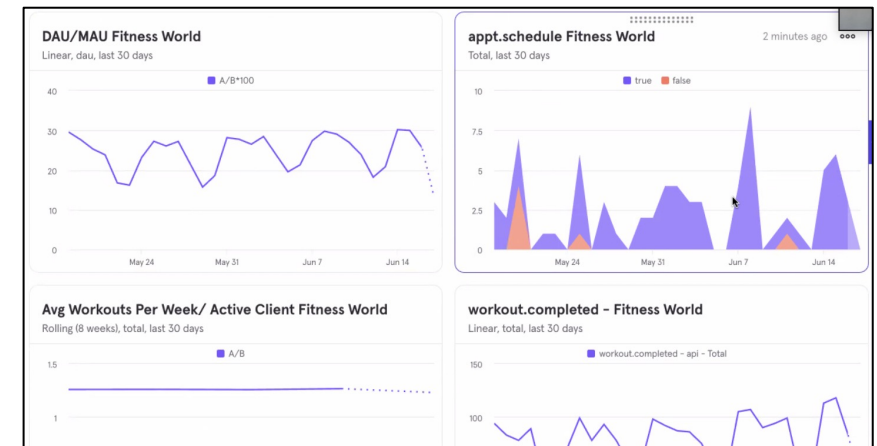
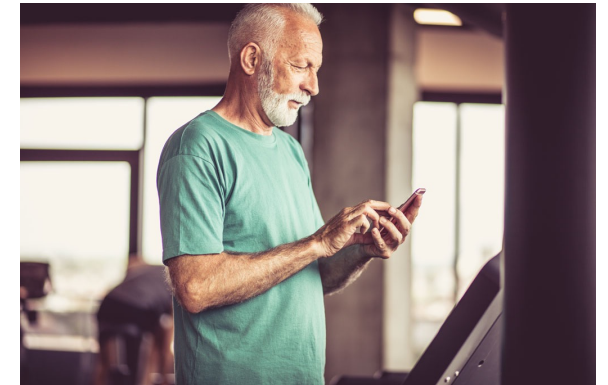
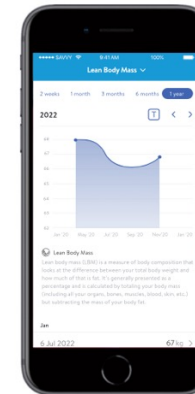
Strategies will include ways to incorporate:

- Withings
 - Scales
 - Blood Pressure
- Apple
 - Apple Watch
 - Apple Health
- Fit Bit
- MyFitnessPal
- Garmin
- InBody



MONITORING TRENDS FOR GROWTH

- **Implement analytics protocols to make better decisions *faster!***
 - Monitoring trends on body stats and other health data points
 - Develop internal protocols for interpretation and action steps
 - “Team” and “Roles” features in web portal for delegated monitoring
 - Assessments & Re-assessments protocols
 - Mixpanel Analytics Board – Overall member usage trends
 - Challenge Development and Monitoring
 - ... and more!



PRICING

■ Retainer Packages

1. Business Essentials - \$10,000
2. Business Growth - \$20,000
3. Business Enterprise - \$30,000

■ Fees Breakdown

- \$600 per month Membership fee
- \$200 per hour Managing Director time
- \$75 per hour Administration time

■ Terms and Conditions

- Minimum 1 year agreement
- Financing Available
- Flexible Payment Options with larger retainer packages
- Revenue Share and Bonus Structure on TriCore Staffing and Wellness Services





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LET'S WORK TOGETHER!



THANK YOU!