



MYHEALTHCOP

# Blooming Index

As Featured On



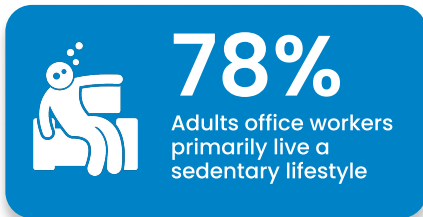
As the Best Product of the Year Award(2024)

Trusted By Ghana's Leading Organisations

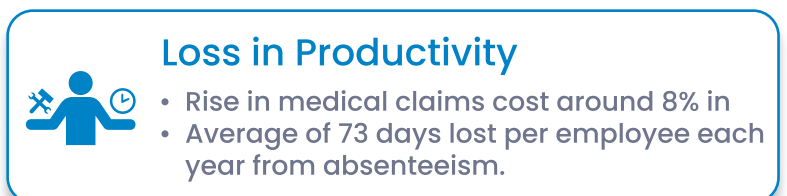
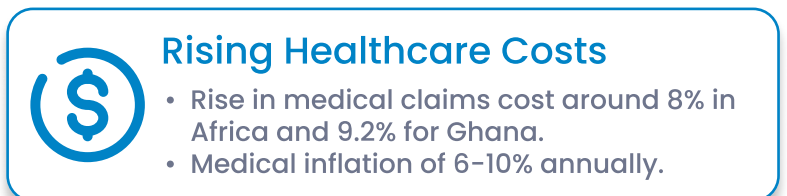


# The Problem

There is a global surge in **non-communicable diseases (NCDs)**, driven by unhealthy diets and physical inactivity. The lack of knowledge or engagement in preventive healthcare practices has sparked urgent calls for action worldwide.



## Poor employee health has far-reaching implications for businesses



# Our Solution

## PREVENTIVE HEALTHCARE IS MEDICINE (PHIM)

We envision a world where everyone has the knowledge, resources, and support to achieve their optimal level of wellness,“. “Our digital platform is designed to bridge the gap between intention and action, empowering individuals, corporate institutions, regulators to make informed choices and build sustainable healthy habits for a Healthier Country.

### Institute Of Wellness & exercise Science **01**

iWES, the educational arm of MyHealthCOP and a CTVET-accredited institution, provides certified training for health and wellness professionals. By equipping a skilled workforce, iWES drives healthier communities and workplaces across Ghana.

### MyHealthCOP Pro App **02**

The MyHealthCOP Pro App connects wellness professionals with job opportunities, enhances their credibility, and expands their client base. It helps professionals deliver impactful wellness services efficiently and confidently.



### MyHealthCOP Foundation **05**

The MyHealthCOP Foundation is a Ghanaian non-profit promoting wellness, environmental protection, education, and financial inclusion. Through preventive health initiatives, it reaches communities beyond the workplace, creating lasting positive impact.

### MyHealthCOP **03**

Powered by Taliza AI Intelligence™, the MyHealthCOP AI App links individuals with certified wellness and preventive healthcare professionals. Through a subscription, users can access predictive health insights, personalized fitness programs, and mental health support—enabling smarter, healthier living with full autonomy.

### MyHealthCorp (Corporate) **04**

MyHealthCOP, powered by Taliza AI Intelligence™, is our corporate wellness wing and a licensed Corporate Insurance Agent. We help companies build healthier, more engaged teams through wellness programs, team-building, and insurance opportunities. Our AI-driven dashboard allows HR to track employee wellness, fitness, and engagement—turning proactive health initiatives into better insurance outcomes and smarter health decisions.



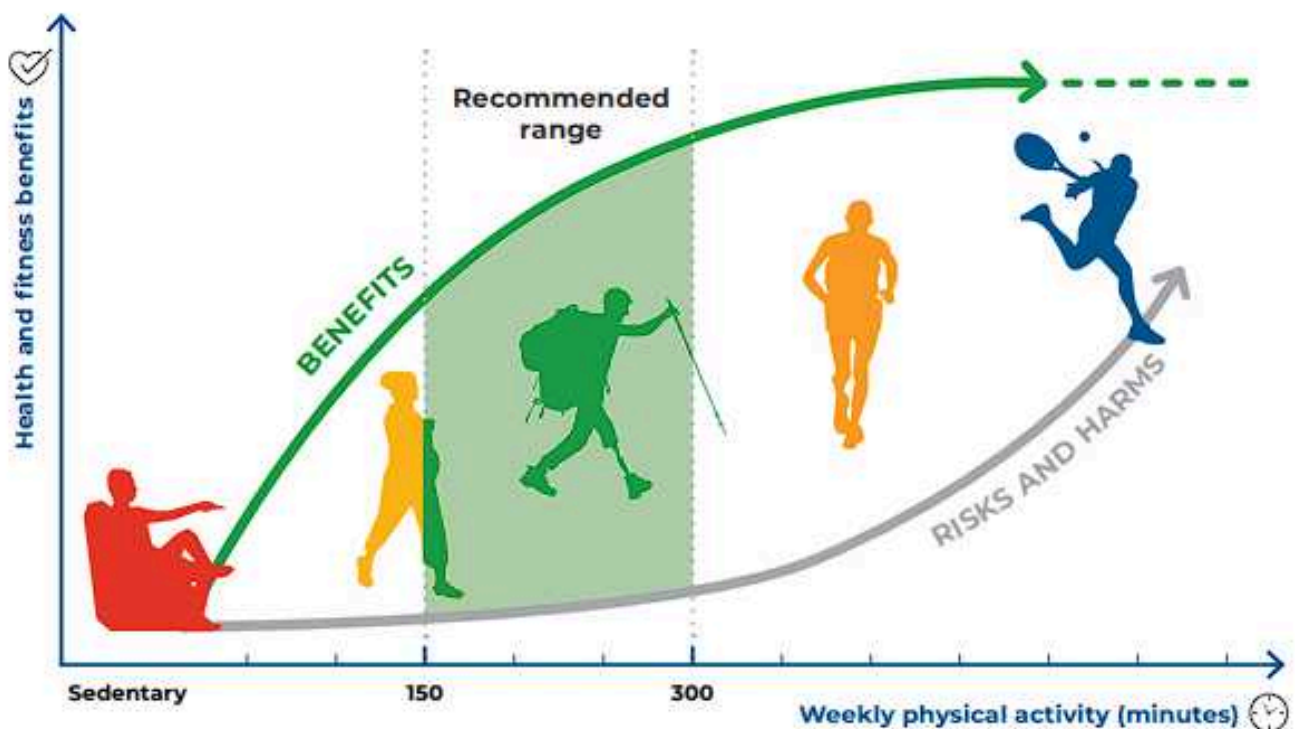
# WHO Guidelines

The [WHO Guidelines](#) on physical activity and sedentary behaviour provide evidence-based public health recommendations for children, adolescents, adults and older adults on the amount of physical activity (frequency, intensity and duration) required to offer significant health benefits and mitigate health risks.

For the first time, recommendations are provided on the associations between sedentary behaviour and health outcomes, as well as for subpopulations, such as pregnant and postpartum women, and people living with chronic conditions or disability.

## Weekly Recommended Time Range

WHO recommends at least [150 minutes](#) of physical activity each week — that's just [30 minutes](#) a day, 5 days a week, to boost health, energy, and overall well-being.



# MyHealthCop is Ghana's Leading Digital Health and Employee Wellbeing Company

**100,000+**  
Employees Served

**100+**  
Companies Supported

**Upwards of 5x**  
Return in Investment

## Trusted by leading organisations



# Our Business Model



Hands-on programs designed to get your team moving –building culture and reducing sedentary habits through real-world activity.



Technology that tracks individual progress and provides predictive insights to maximize the ROI of your wellness strategy



Practical programs designed to build leadership, sharpen skills, and foster a culture of continuous growth—on the job and beyond.



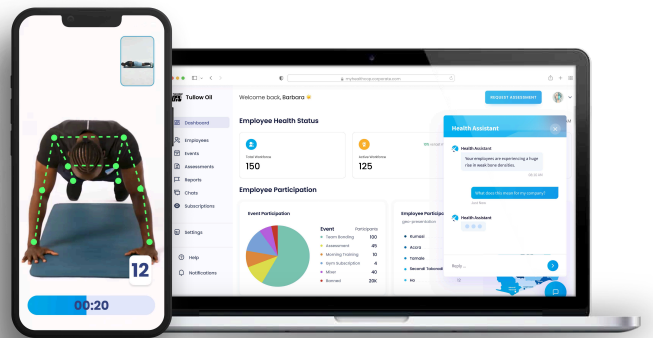
# Our Business Model



# Our Business Model

## » Ai Packages

- ❁ MyHealthCop Ai Fitness Solution
- ❁ Corporate Dashboard



## ❁ Learning & Development

- ❁ Blooming Index
- ❁ Leadership Reflection Report
- ❁ Management Training Games
- ❁ Short Courses









ON-DEMAND



## Blooming Index

Valued at an individual rate of 500 GHS per head, the MyHealthCop Blooming Index is a premium strategic solution designed to measure employee "pleasure at work" and the implementation of fundamental human strategies. It transforms every employee into an active participant in their own professional development and a contributor to the collective progress of the entity.

### Package levels

|   |  |  |  |  |   |
|---|--|--|--|--|---|
|  <p>Discovery Plan</p> <p><a href="#">VIEW</a></p> |  <p>Explorer Plan</p> <p><a href="#">VIEW</a></p> |  <p>Bronze Plan</p> <p><a href="#">VIEW</a></p> |  <p>Silver Plan</p> <p><a href="#">VIEW</a></p> |  <p>Gold Plan</p> <p><a href="#">VIEW</a></p> |  <p>Customise Plan</p> <p><a href="#">VIEW</a></p> |
|---|--|--|--|--|---|



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# Price Model



## Explorer Plan

GHS 4,500.00



This offer covers a minimum of 10 employees

[BOOK NOW](#)



## Explorer Plan

GHS 10,500.00



This offer covers a minimum of 25 employees

[BOOK NOW](#)



## Bronze Plan

GHS 19,500.00



This offer covers a minimum of 50 employees

[BOOK NOW](#)



## Silver Plan

GHS 27,000.00



This offer covers a minimum of 75 employees

[BOOK NOW](#)

# Price Model



## Gold Plan

GHS 34,500.00



This offer covers a minimum of 100 employees

[BOOK NOW](#)



## Customized



Enjoy **Ten (10) hours** of management games tailored to suit your selection from our catalog

[BOOK NOW](#)

# Assessment Rules & Privacy

To ensure we capture authentic and actionable feedback, the assessment framework is built on trust and accuracy:

- **Complete Confidentiality:** The survey is strictly anonymous to protect employee privacy and encourage honest responses.
- **Data Integrity:** Teammates can only submit their feedback once, guaranteeing the reliability of your organization's data.
- **Inclusivity:** The assessment is designed for all employees with more than 3 months of seniority, regardless of their specific employment contracts.

## The 6 Core Themes

The assessment evaluates overall employee happiness—measuring it on a scale of Yes completely, Yes mostly, Not really, Not at all or Other—and captures their general sentiment when arriving at work. The 30-question tool is structured around six foundational themes of workplace fulfillment:

- **Theme 1:** I Create Value
- **Theme 2:** Be Yourself
- **Theme 3:** I have Self Confidence
- **Theme 4:** I Live/Exhibit the Purpose/Values of the Company.
- **Theme 5:** I Develop Myself thanks to Responsibility
- **Theme 6:** I am a Team Player



# How It Works: Your Assessment Journey

We partner closely with your team to ensure a seamless rollout, high engagement, and meaningful results.

## 1. Scoping & Alignment

We begin by collaborating with your organization to define the optimal dates, duration, and total number of participating employees.

## 2. Guided Onboarding

To ensure high engagement and build psychological safety, we don't just send a link. The MYHEALTHCOP Team conducts a targeted training session for your HR team on how the platform functions. Supported by MYHEALTHCOP, your HR team and Unit Leaders are then equipped to confidently introduce the survey to the broader team.

## 3. Assessment Launch

With your leadership prepared, the survey goes live. Your HR Team and Unit Leaders will champion the initiative, encouraging the team to complete it and striving for 100% participation.

## 4. Comprehensive Reporting

Approximately three weeks after the survey closes, we generate in-depth insights. This includes an overarching report for the entire organization. Unit leaders will then present these findings to all employees through a workshop to debrief the results and write action plans to follow.



# The Digital Infrastructure: How It Works

We've designed a frictionless digital ecosystem that handles the heavy lifting. No complicated IT integrations or manual spreadsheet tracking—just a seamless flow from purchase to actionable insights.

## Phase 1: Procurement & Instant Activation

- **The Platform:** Secure HR Dashboard
- **The Process:** HR selects and purchases a package directly on the dashboard, instantly activating the assessment for the organization.

## Phase 2: Frictionless Employee Engagement

- **The Platform:** The Corporate Hub (Mobile)
- **The Process:** The assessment is deployed directly to employees' smartphones. This accessible, mobile-first approach guarantees high participation without disrupting workflow.

## Phase 3: Real-Time Analytics & Action Planning

- **The Platform:** Secure HR Dashboard
- **The Process:** Anonymous employee responses instantly sync back to the dashboard, equipping leadership with real-time data to analyze and build concrete action plans.



# Your Facilitators



## Kwasi Tabury (MyHealthCOP)

Kwasi Tabury is a visionary leader in health, wellness, and sports development in Africa. With a distinguished background in professional football and entrepreneurial foresight, Kwasi is the Founder & CEO of MYHEALTHCOP ECOSYSTEM, including Myhealthcop, the Institute of Wellness & Exercise Science (iWES), and the MYHEALTHCOP FOUNDATION.

Formerly the CEO of Decathlon Ghana, he has 24 years of experience driving transformative change in the industry.

**Role**  
**Founder & CEO**

**Experience**  
**26 years**



## Mr. James Laar (L'AINE HR)

James Laar, Managing Director of L'AÎNÉ HR, has over 20 years of experience in strategic leadership and talent management. He holds a Bachelor's in Management Studies, an MBA in Finance, and an aCOP certification. An expert in business process outsourcing and performance management, James is committed to corporate governance and sustainability, focusing on programs for women in STEM and individuals with disabilities. He serves on five boards in Ghana, championing corporate ethics and integrity.

**Role**  
**Managing Director**

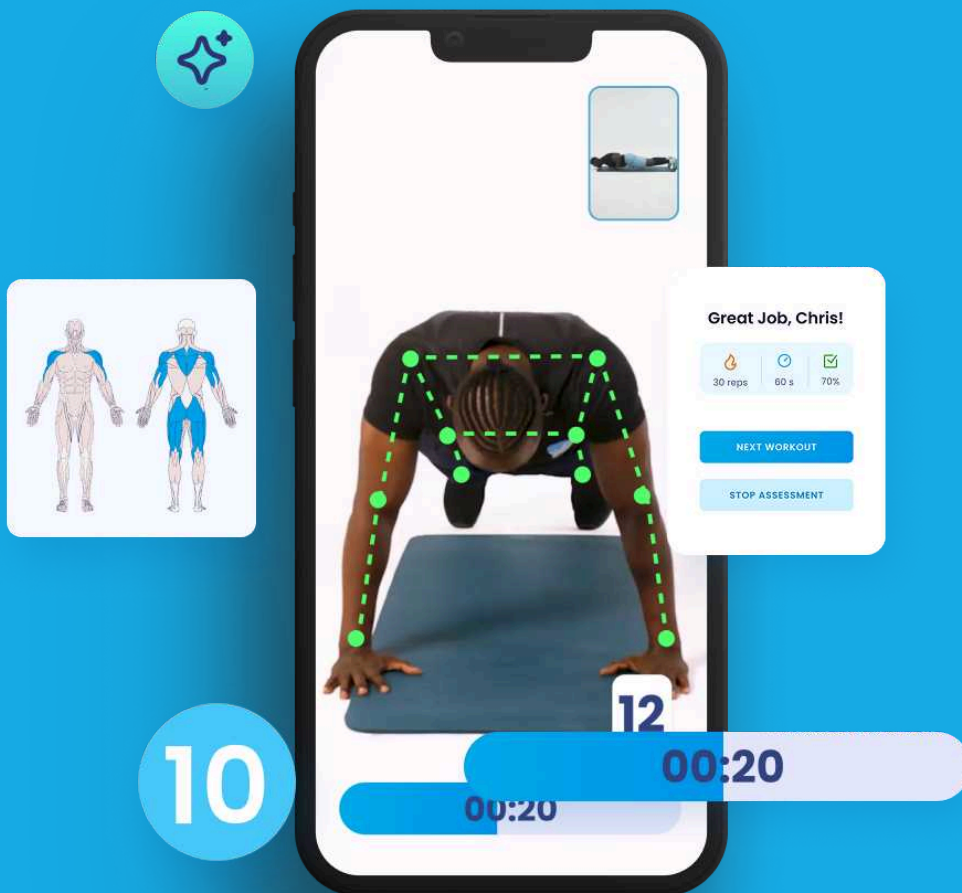
**Experience**  
**20 years**



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# Download The MyHealthCop AI Fitness Coach Now!



# Corporate Agency License

Get Active. Stay Fit. Get Rewarded.

We don't just provide only an app; we also bring the insurance solution to companies. By integrating verified wellness data, we enable our partners to offer dynamic premium adjustments—transforming insurance from a cost into a reward.



Get Ready To **LIVE** HEALTHIER STRONGER LONGER



Get Active. Stay Fit. Get Rewarded.

**PAY LESS INSURANCE PREMIUM!**

Join **MyHealthCop AI** and turn everyday wellness into smarter insurance outcomes and healthier teams.

*Healthier you are, less Insurance Premium you pay!*

Lower premiums start with healthier teams — talk to us.



**055 123 1012**



# Nationwide Coverage

Our services are available across Ghana, ensuring that no matter where you are located, you can access our preventive health and wellness solutions. We are committed to supporting your health journey, wherever you may be.



Wellness Without Limits!





Founder & CEO

## Kwasi Tabury

Kwasi Tabury is a visionary leader in health, wellness, and sports development in Africa. With a distinguished background in professional football and entrepreneurial foresight, Kwasi is the Founder & CEO of MYHEALTHCOP ECOSYSTEM, including Myhealthcop, the Institute of Wellness & Exercise Science (iWES), and the MYHEALTHCOP FOUNDATION.

Formerly the CEO of Decathlon Ghana, he has 24 years of experience driving transformative change in the industry.

Role

Founder & CEO

Experience

23 years

### Business Team

Full time



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National Service



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Outsourced



**Faith Appoh**

Project Manager



# Our Team

## Tech Team

### Full time



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**Chrisford Losu**

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### Part-time

### Intern

### Task Force Team



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**Wallace Lawson**

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**David Brewu**

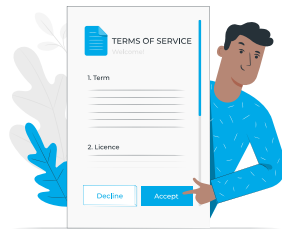
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**Anthony Asamoah**

Computer engineer  
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- ✓ No Contract exists between You and MyHealthCop Ltd for the provision of the Service until We have received our Event Contract form duly signed by You and We have acknowledged receipt of the Event Contract by requesting the Booking Deposit.
- ✓ The Contract Price shall be Our quoted price. The price quoted shall be exclusive of VAT for which you will be additionally liable. If the – – – Event Contract has not been concluded between You and Us within a period of 90 days from the date of the quotation, and subject to the Service still being available, we reserve the right to re-quote for the Service.
- ✓ You will pay a booking deposit of 75% of the Contract Price plus VAT (the “Booking Deposit”) to Us at the time of the booking and will pay the balance of the Contract Price (“the Balance”) plus VAT without any set-off or any other deduction not more than 7 days after the Event Date.
- ✓ If for any reason You cancel the booking more than 14 days in advance of the Event Date, the Booking Deposit will be forfeited. If for any reason You cancel the booking 14 or less days from the Event Date, You shall be additionally liable for the Balance.
- ✓ When Our Contract Price is calculated per group rather than per person, the Contract Price will not be reduced if, before the Event Date, You notify us that the number of guests that has been contracted for is to be reduced. You will be liable to pay the Contract Price in full for the number of guests originally booked in the Event Contract. If before the Event Date You notify Us that the number of guests is to increase from the number contracted for, and if this increase results in additional activities having to be added to the Service, We reserve the right to increase the Contract Price to reflect the increased cost of providing the Service.
- ✓ If payment of the Balance is delayed beyond the date specified in condition above You shall be required to pay interest upon the Balance outstanding (both before and after any Judgment) on a daily basis at a rate of 15% above the base rate from the date that payment fell due until the date that payment is received.
- ✓ We accept payment of the Contract Price by cheque, credit card, debit card, BACS or bankers drafts.
- ✓ If We have to cancel the Event Date through a fault on Our part We shall refund the Booking Deposit in full if we are unable to offer You a suitable alternative Event Date. Otherwise We will carry forward your Booking Deposit to the alternative Event Date that we have booked for You.
- ✓ On Your own behalf and on behalf of each and every one of Your guests on the Event Date, You agree to abide and comply with any request or order made by or on Our behalf on the grounds of safety, whether it be the safety of the venue, the guests or some other person, or on any other grounds.
- ✓ The 15% is only applicable to all MyHealthCop services after a subscription to a one year package
- ✓ The discount code on the Gift Voucher can be redeemed on the MyHealthCop App.



# Gift Card



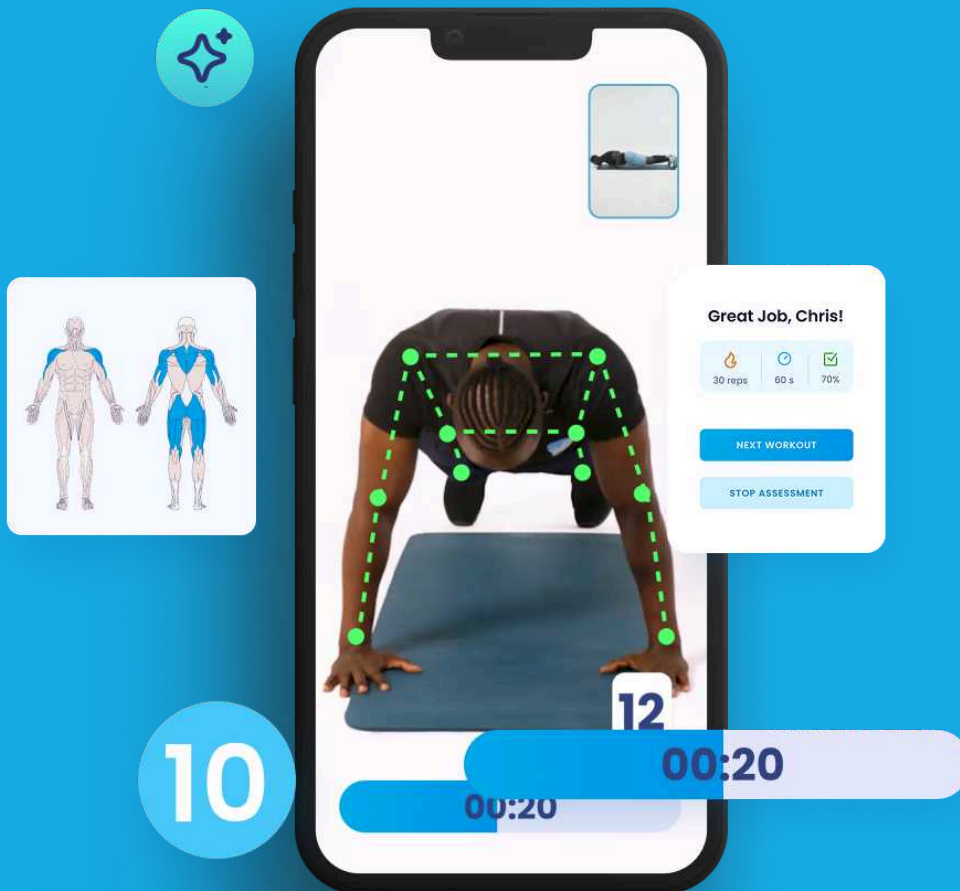
## Gift Card

A wellness gift voucher is a prepaid card or certificate that can be used as an alternative to cash for purchasing a MyHealthCop Wellness Service. It's a great way to give a valued employee or cherished client the freedom to choose their own wellness gift. Perfect for awarding employee excellence, loyalty or innovation and client loyalty. A wellness gift voucher allows the recipient to access the wellness services they truly want or need from MyHealthCop.



# MyHealthCop AI Fitness Coach Available Now!

DOWNLOAD NOW



GET IT ON  
Google Play

Download on the  
App Store



We are here to help

[info@myhealthcop.com](mailto:info@myhealthcop.com)

[SEND MAIL](#)

[+23355 123 1012](tel:+233551231012)

[CHAT US](#)

[+23355 123 1012](tel:+233551231012)

[CALL US](#)

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Организационно-управленческая структура

Head of Content

Get To the point

King

8F