



MYHEALTHCOP

Mid-Day Active Break

As Featured On



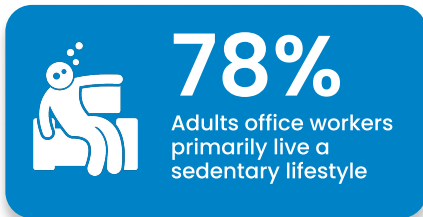
As the Best Product of the Year Award(2024)

Trusted By Ghana's Leading Organisations

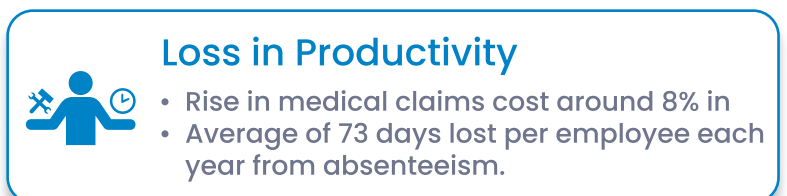
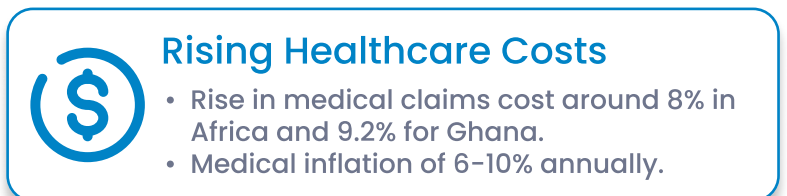


The Problem

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.



TaLiza Fit



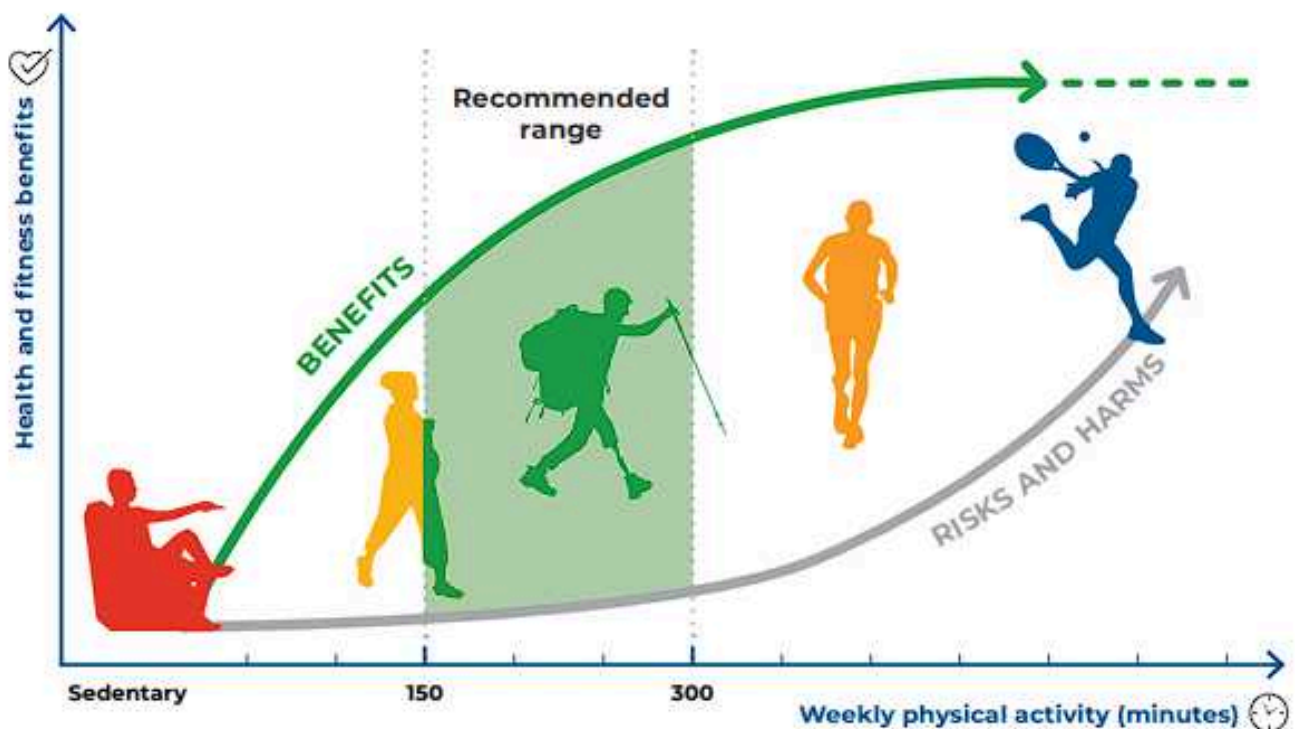
WHO Guidelines

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.



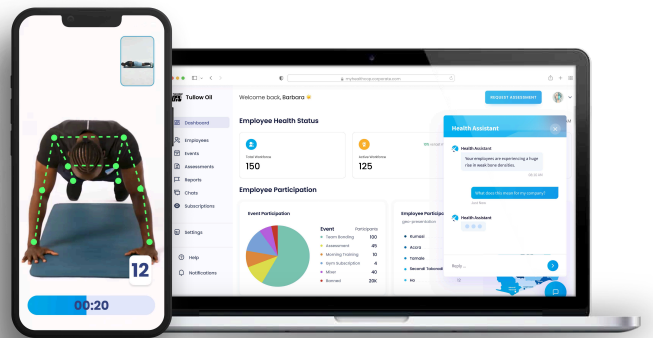
Our Business Model



Our Business Model

» Ai Packages

- ❁ MyHealthCop Ai Fitness Solution
- ❁ Corporate Dashboard



❁ Learning & Development

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



Mid-Day Active Break Package

SUBSCRIPTION









Mid-Day Active Break Package

The Virtual In-Office Active Break is a **30-minute** live session employees can join right from their desks or meeting rooms via Zoom, Teams, or Google Meet.

Each session starts with a **5-minute** health talk on WHO workplace wellness essentials—covering activity, nutrition, ergonomics, stress, and overall well-being—followed by **25-minutes** of guided, no-equipment exercises like stretching, posture resets, aerobics, planks, squats, and light cardio to re-energize employees and keep them active at work.

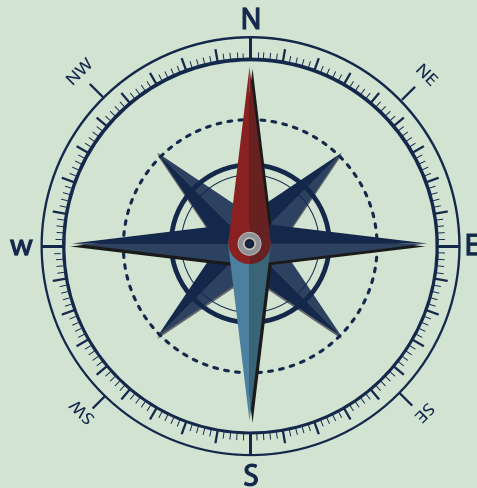
Package levels

 Discovery Plan	 Explorer Plan	 Bronze Plan	 Silver Plan	 Gold Plan	 Customise Plan
VIEW	VIEW	VIEW	VIEW	VIEW	VIEW





Discovery Plan



GHS 3,000.00 /month

BOOK NOW

A starter pack that offers the basic level of activities once a week to obtain your Health & Wellness goals

What we offer

- ✓ 1 Physical Activity Session/week (Virtual)
- ✓ Provide basic education on WHO guidelines for physical activity.
- ✓ Access to MyHealthCop platform





Explorer Plan



GHS 4,500.00 /month

[BOOK NOW](#)

A starter pack that offers the basic level of activities twice a week to obtain your Health & Wellness goals.

What we offer

- ✓ 2 Physical Activity Sessions/week (Virtual)
- ✓ Add light aerobic & mobility routines (standing breaks, office cardio).
- ✓ Link physical activity with stress reduction & energy boost.
- ✓ Access to MyHealthCop platform.





Bronze Plan



GHS 6,000.00 /month

[BOOK NOW](#)

Enjoy an ENTRY level offer around health & wellness – enjoying our service three times a week.

What we offer

- ✓ 3 Physical Activity Sessions/week (Virtual)
- ✓ Introduce gamified challenges (steps, squats, or desk-fit challenges).
- ✓ Add educational capsules: nutrition, hydration, posture tips.
- ✓ Access to MyHealthCop platform





Silver Plan



GHS 7,500.00 /month

[BOOK NOW](#)

The package offers you an increased level of activities four times a week to help you sustain a healthy lifestyle.

What we offer

- ✓ 4 Physical Activity Sessions/week (Virtual)
- ✓ Blend physical activity with broader wellness themes: nutrition, sleep, ergonomics.
- ✓ Include expert-led mini health talks alongside active breaks.
- ✓ Provide individualized feedback or assessments (mobility, posture).
- ✓ Access to MyHealthCop Platform





Gold Plan



GHS 9,000.00 /month

[BOOK NOW](#)

Enjoy a TOP level offer around health & wellness five times week

What we offer

- ✓ 5 Physical Activity Sessions/week (Virtual)
- ✓ Deliver a full corporate wellness solution: physical activity + nutrition + mental health + preventive care.
- ✓ Involve specialists (physiotherapists, dietitians, fitness coaches).
- ✓ Add leaderboards, scoring, and rewards for motivation
- ✓ Access to MyHealthCop





Customise Plan



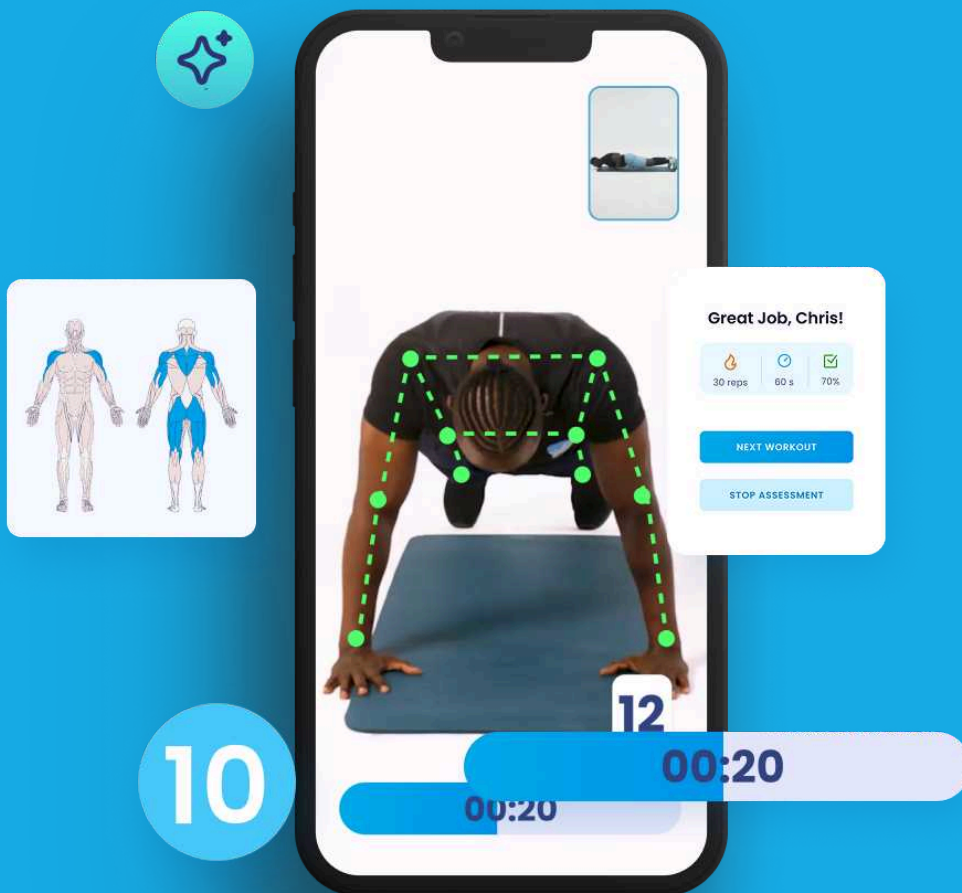
Customise your Experience

Enjoy a CUSTOMIZE level offer around health & wellness which suits your busy schedule

BOOK NOW



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 Insurance 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	Experience
Founder & CEO	23 years

Business Team

Full time



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Outsourced



Faith Appoh

Project Manager



Our Team

Tech Team

Full time



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Task Force Team



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David Brewu

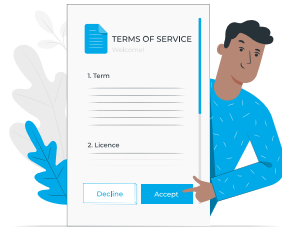
Mobile Engineer
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Anthony Asamoah

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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



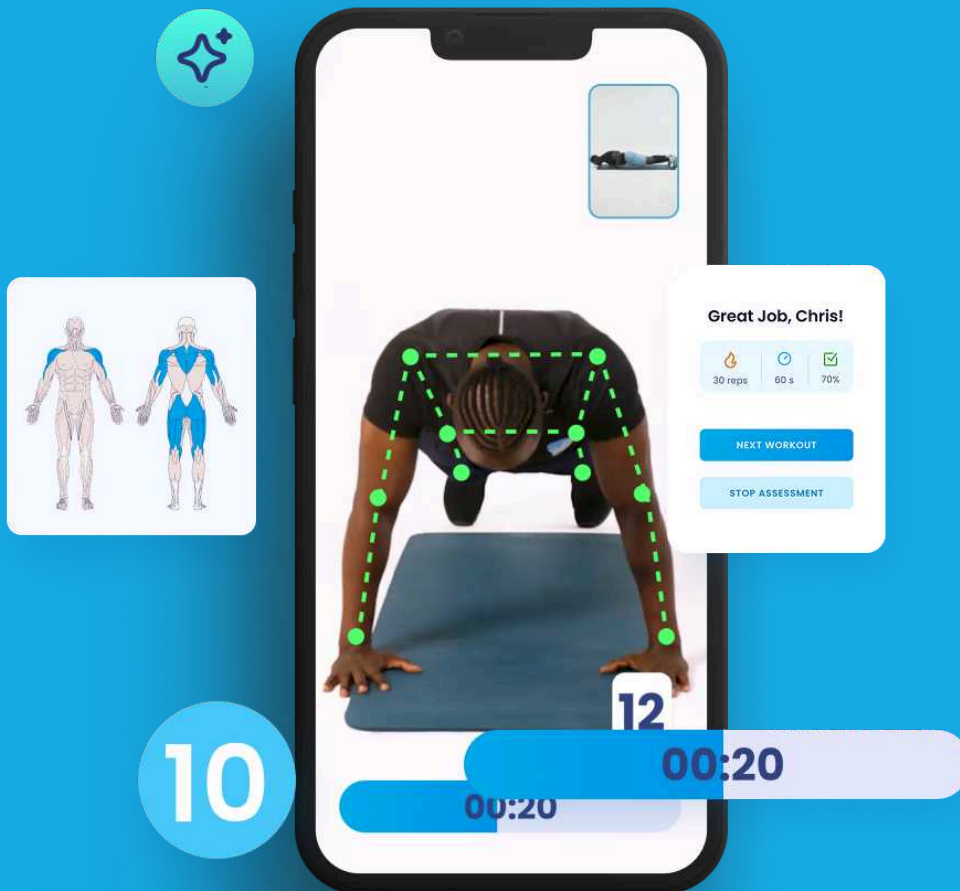
Gift Card

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

[SEND MAIL](#)

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[CHAT US](#)

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[CALL US](#)

Tap on any social media of your choice to connect with us





MyhealthCop

Live Healthier, Live Stronger, Live Longer