



MYHEALTHCOP

LIVE HEALTHIER. LIVE STRONGER. LIVE LONGER

ACTIVITY REPORT



MYHEALTHCOP ACTIVITY REPORT - UP TO 2022



30K+

People touched by the activity & message of preventive health through wellness & sports.

Data from events participations, corporate clientele(no. Of employees), media reach and more

300+

Personal Physical Activity & **Sports Trainers**, recruited as service providers 5% of which are certified, 95% of which are not certified

92

Registered Nutritionist & Dietician Professionals recruited as service Providers

120

Local or Ghanaian recipes with dietary & calorie information documented & stored in database

1K+

Trainer-led sessions done. For both individual & Corporate trainings. Also included, 12% Diet consultation sessions done.

35+

Events & Outreaches covering sports & environmental activities

450

Total No. Of People in Our Health Community (whatsapp + Telegram) #healthNation

4

External **Blog** Featurings

58

Public Health Talks. Including 3 Twitter Spaces, 1 Zoom & 2 in person conferences

25

Media(**TV, Radio + Press**) Outreaches & Talks

FOR THE
COMMUNITY



MYHEALTHCOP
LIVE HEALTHIER. LIVE STRONGER. LIVE LONGER



AFRICA SPORT DAY - in collaboration with NAASFAG
More than 8K Participants, 20+ Fitness Communities





MYHEALTHCOP GLOBAL WELLNESS DAY

#ThinkMagenta



ACTIVITIES

Physical Screening

Aerobics

Team Bonding Activity

Health & Nutrition Talk

20% off from Labadi for any
food from labadi restaurant and facility use

myhealthcop



JOIN US
ON HEALTH NATION

+233 55 123 1012

www.myhealthcop.com



Host KalyJay

#ThinkMagenta

Ask the
NUTRITIONIST

Dr. Isaac

Wednesday, 8th June

7:00 PM

MyHealthCoph

Twitter Space



www.myhealthcop.com

+233 55 123 1012

ON HEALTH NATION



Mental Health

A state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. Speaking to a health professional or a special person about what you are going through can incredibly aid your mental wellbeing. It is very important to pay attention to your mental health.



2022, 11 JUNE
MYHEALTHCOP
GLOBAL WELLNESS DAY

Think Magenta is the theme for Global Wellness Day 2022.

It is an idea that rises amidst the negativity in the world. A reminder with a positive effect on

#ThinkMagenta



@myhealthcop

@myhealthcop

@myhealthcop

www.myhealthcop.com

+233 55 123 1012

ON HEALTH NATION



Preventive Health Screening for **Madina Community**, at the **INTER-MEDIA HOUSE GAMES**





**FOR THE
ENVIRONMENT**



WORLD CLEAN UP DAY powered by **MyHealthCOP** Foundation in collaboration with other partners



Plastic Punch In Collaboration with **MyHealthCOP Foundation & Global Citizen.** Maritime Beach CleanUp and Workout session. More than 200+ people participated



MyHealthCop Foundation's
Quarterly Beach CleanUp
with **Plastic Punch**. More
than **80 kg** of **Plastic Waste**
collected.



FOR THE
YOUTH





Sports Day with the University of Ghana's, **Commonwealth Hall**. Termed **Minimpinim** and Powered by **MyHealthCop**. More than **1K students** participated.





Holiday Walk from Ayi Mensah to Peduase powered by **MyHealthCop**





Sports & Games
Day with
University Of
Ghana Lectures
Residence &
Families
powered by
MyHealthCop





University of Ghana's Pentagon Hall basketball Tournament Day powered by **MyHealthCop**





MYHEALTHCO
LIFE. HEALTH. LIFE. PROGRESS. LIFE. CHANGE.

**FOR
CORPORATE**



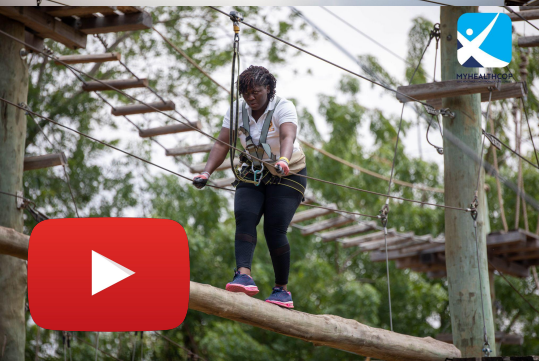
ENERGIZED

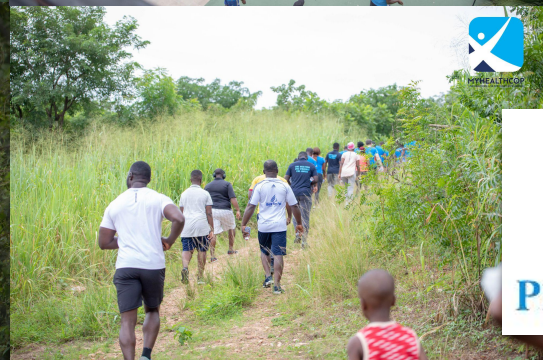
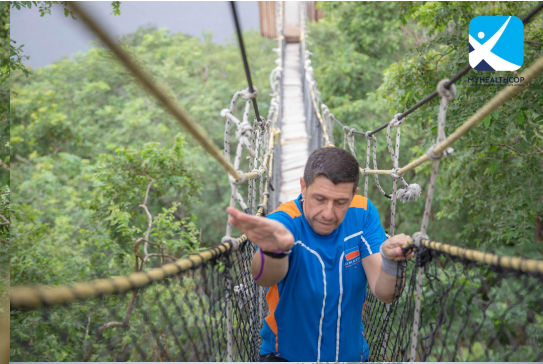


REJUVENATED



RESILIENT





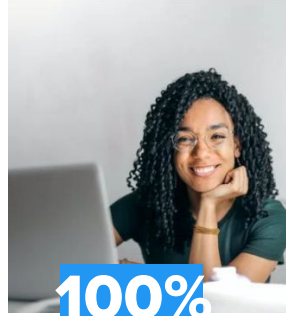


STRATEGIC BENEFITS FOR CORPORATE ENTITIES



100%

IMPROVED EMPLOYEE
HEALTH



100%

PRODUCTIVITY



100%

COORDINATION



100%

TEAM WORK



100%

TARGETING

OUR COMMITMENT TO THE SDGs



The Key Indicator Of Our Vision

Better & Longer Life which means;
Contributing **To The Increase in Life Expectancy** of all individuals in
the **next 10 years**.

In Ghana : From **67 years TO 77 years** the **next coming 10 years**

ABOUT CEO & FOUNDER



MR. KWASI TABURY

Mr. Kwasi Tabury is a Franco-Ghanaian Business Executive who is passionate about establishing lasting healthy lifestyle changes in all Ghanaians through the promotion of Health & Wellness.

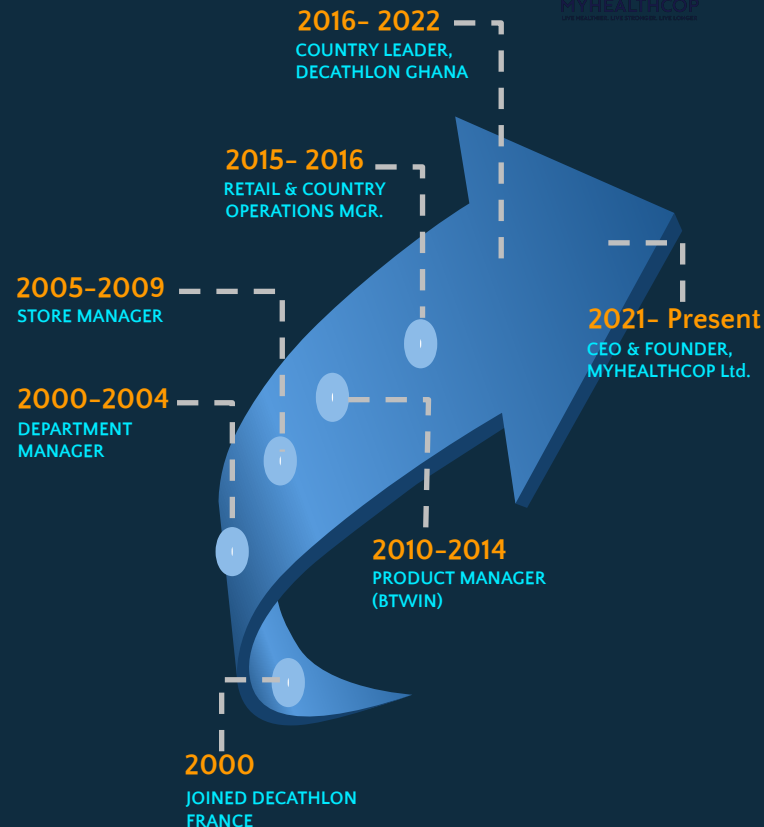
He had his basic education in Côte d'Ivoire and then moved to France for his 'O' and 'A' Level Certificates through to the University. He is a passionate footballer who played professionally in various clubs in Nantes, France. He also loves to run and play squash.

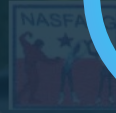
Mr. Tabury has an in depth knowledge in Retail and Product Development, which he acquired during his 21 years of experience working with Decathlon. He is currently the Country Leader for Decathlon Ghana.

As part of his dream to improve Health & Wellness in Ghana, Mr. Tabury established MYHEALTHCOP Ltd., which is a Mission-Led Company working to promote WELLNESS, HEALTHY LIVING, EDUCATION AND FINANCIAL INCLUSION in Ghana, Africa and beyond via a DIGITAL PLATFORM.



MYHEALTHCOP
FOR HEALTHY LIVING THROUGH WELLNESS





THANK YOU