



AspiraHealth
GLOBAL

Senior Well-Being MBC Check-In Program

Helping seniors and families stay connected,
informed, and supported.

- ✓ MBC software check-ins designed for seniors
- ✓ Families stay informed, with permission
- ✓ Supports aging safely at home
- ✓ No labels, no pressure

How It Works

- 1 A family member or senior registers
- 2 The senior receives simple, respectful check-ins by text or email, using their phone or computer
- 3 Results track well-being over time
- 4 Families and care teams can take action early, if needed

Virtual psychosocial assessments are evaluations conducted online to understand an individual's mental health and social well-being.



<https://aspirahealth.global/senior-program>