



TrainerMD Adds Styku 3D Body Scanning Technology to Industry-First Prescribed Wearable Wellness Program

Third strategic partnership helps to further eliminate gaps in healthcare, promote disease prevention and reduce costs

Braintree, MA – December 5, 2016 – [TrainerMD](#), the first HIPAA compliant software collaboration platform for patients, physicians and trainers, today announced a new collaboration with [Styku](#).

Styku, a California-based software and Microsoft Accelerator company, leverages Microsoft Kinect hardware to provide users world-class, real-time 3D body scanning and analysis. Together with its other strategic partners, TrainerMD members now have the means to see, hear and feel their health like never before.

“Bringing Styku on board is a game changer for us and, more importantly, for our users,” said TrainerMD CEO and Founder, Joe Howley. “Styku’s precise, next generation, noninvasive body measurement is like nothing we’ve seen before. This is a natural partnership as Styku’s vision aligns perfectly with our vision for the Physician Directed 360°Health Program. We are looking forward to bringing this to our members, offering them instant insights into their fitness progression, while giving their trainers, physical therapists, and physicians instantaneous access to the same data for real-time risk assessment and treatment.”

A Styku 3D Body Scan takes just 30 seconds to complete. Members simply stand on a turntable while the platform rotates safely, capturing millions of data points that are instantly and securely fed into the TrainerMD platform to enable precision goal tracking and health assessments. With this real-time data input, trainers, physical therapists and other caregivers using the TrainerMD platform have access to extract measurements, changes in body shape, fitness and health metrics and much more.

“We are excited to join TrainerMD and its partners in their efforts to disrupt traditional preventative healthcare models,” said Raj Sareen, CEO of Styku and a former NASA researcher. “This is uncharted territory for all of us, but by joining forces, we have a real opportunity to make a difference in the lives of millions of healthcare consumers by automating delivery of 360-degree healthcare intelligence. The combination of our leading edge technologies offers the most advanced, sophisticated ways to capture and share health and nutrition data on the market.”



Complementing these innovative technologies, TrainerMD subscribers will also have the opportunity to attend two physician/trainer directed group support workshops each month. TrainerMD members receive nutrition and fitness education, coaching, rewards and accountability to help keep them engaged and highly motivated while achieving their personal goals. A dream team of medical, nutrition, fitness and technology experts will guide members through each phase of their program.

The TrainerMD 360° Health Program is currently in pre-enrollment phase and will officially launch in January 2017. Interested physicians, trainers and patients can get more information here: <http://www.trainer.md/media.aspx>.

Click on <https://trainer.md/> and enroll now, or register for a free pre-enrollment workshop to learn more.

About Styku

Styku is a simple yet powerful system designed for 3D body scanning and shape analysis in the Fitness, Health, and Wellness markets. Styku's intuitive, multi-platform software gives professionals the ability to perform a full body scan, view 3D models, extract body circumferences, track changes in body shape, calculate fitness and health metrics and much more. For more information, visit www.styku.com.

About TrainerMD©

TrainerMD® is a medical software company focused on helping medical, fitness and corporate clients manage and market physician directed preventative health programs. It supports its clients online with leading edge, HIPAA compliant, Health Management Dashboard and enables the patient, physician, trainer, other providers and administrators, to manage multiple real-time data streams, feedback and support. TrainerMD supports clients on site with ongoing physician/trainer directed group fitness and nutrition education, coaching, fitness testing and vitals documentation. Members will use this device to help them stay active, exercise safely and stay connected to their healthcare providers. TrainerMD is developed and operated by YC Wellness, Inc. ("YCM"). YCW is not a licensed medical care provider or facility and it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise or nutritional program on any medical condition. The TrainerMD platform should not be used without clearance from your healthcare provider first. As with any physical exercise or nutrition program, there may be risks associated with participating in the TrainerMD platform and you knowingly and voluntarily assume all risks associated with

the program. While the testimonials included in its documents are real, results may vary for others and there are no guarantees or warranties proved by YCW.