

# LIVING WELL 4 LIFE CAPABILITY STATEMENT

HEALTHIER LIVES. HEALTHIER COMMUNITIES. HEALTHIER WORLD.

## Company Overview

Living Well 4 Life, LLC is a Woman-Owned Small Disadvantaged Business founded in 2012 with the objective of bringing together expertise in the areas of integrative nutrition, mental health and wellness. We collaborate with a group of healthcare and fitness professionals and together we facilitate an online Weight Loss and Metabolic Health Program, Gut Health, Simple Cholesterol and Diabetes Management Programs to serve underserved populations.

Devoted to serving US Government, Military Personnel, and the Public Sector, Living Well 4 Life, LLC provides safe, effective and evidenced-based therapies to help individuals combat the effects of Metabolic Syndrome Disorders. With the global COVID-19 Pandemic occurring, Living Well 4 Life has expanded as a Personal Protective Equipment (PPE) product distributor and seller to meet the demands of the Federal, State and local marketplace. We deliver quality products and solutions to achieve safer work environments and practices while mitigating healthcare associated infections.

## Our Mission

Our mission is to provide the highest quality service, customizing our methods to the needs and requirements of our customer. We provide an integrative approach through a culture of compassion, quality, safety, service, innovation and experience.

## Core Capabilities

- Chronic Disease Management
- Health Promotion
- Community Outreach & Engagement
- Healthcare Informatics
- Program & Project Management
- Qualitative & Quantitative Research
- Procurement Support Services

## Key Differentiators

- Industry leader for alternative treatment addressing Metabolic Syndrome Disorders with proven protocols.
- Experienced in integrative medicine, metabolic disorders, mental health, research and quality assurance.
- Certified Integrative Nutrition Health Coach.
- Integration of health and wellness.
- Engaged to mitigate pandemic impact through our reliable supply chain, efficiently addressing growing demands for safe and reliable products.
- Development of systems to improve efficiency and productivity for achievement of customer goals.
- Strong communication developing rapport with customers, staff and executives.
- Provides holistic system that strengthens mind and body to perform optimally.
- Collaborative model working with diverse healthcare and wellness professionals to help people live better, look better and feel better.

## Past Performance

- Contracted with Robert Wood Johnson Hospital providing coaching and counseling; completed 38 sessions
- Contracted with Health Practice Advisors; actively leads Diabetes Management and Weight Loss virtual groups
- Creator of Space for Her Annual Women's Health Conference; recognized by Governor and County Executive of New Jersey.
- Collaborates with Metabolic Health Company Unicity; 30 years of experience in over 50 countries; patented medical nutrition; listings in Physicians' Desk Reference (PDR).
- Strayer University, teaching students on health and wellness.
- Launched Vineland Community Health & Wellness Initiative; collaborated with physicians and wellness professionals.

## Federal Certifications

- SAM – Special Disabled Veteran Owned Small Business
- SAM – Minority-Women Owned Business
- SAM – Small Disadvantaged Business
- SBA – Woman-Owned Small Business (WOSB)
- SBA – Economically Disadvantaged WOSB (EDWOSB)
- SBA – 8(a) Business Development (Pending Approval)

## State Certifications for New Jersey

- DVOB – Disabled Veteran Owned Business
- VOB – Veteran Owned Business
- MWBE – Minority/Woman/Business Enterprise
- SBE – Small Business Enterprise

## General Information

- Registered Company Name: Living Well 4 Life, LLC
- DBA: Rock Your World Naturally
- Year of Incorporation: December 26, 2012
- State of Incorporation: New Jersey
- Corporation Type: LLC
- Unique Entity ID: S7EKE4LCTBW9
- CAGE Code: 6ZJA6

## Approved (NAICS) Codes

- 541990 - All Other Professional, Scientific & Technical Services
- 541715 - Research & Dev Physical/Engineering/Life Sciences
- 621330 - Offices of Mental Health Practitioners (except Physicians)
- 621399 - Offices of All Other Miscellaneous Health Practitioners
- 812191 - Diet and Weight Reducing Centers
- 611430 - Professional and Management Development Training
- 812199 - Other Personal Care Services
- 423450 - Medical, Dental and Hospital Equipment & Supplies
- 541618 - Other Management Consulting Services

## Contact Information

- Rekishia L. McMillan, US Air Force Honorably Retired
- Voice: (732) 966-5809
- Web: [www.living-well-4-life.com](http://www.living-well-4-life.com)
- [lw4lnow@gmail.com](mailto:lw4lnow@gmail.com)
- Address: 405 Daffodil Drive Jackson, NJ 08527

