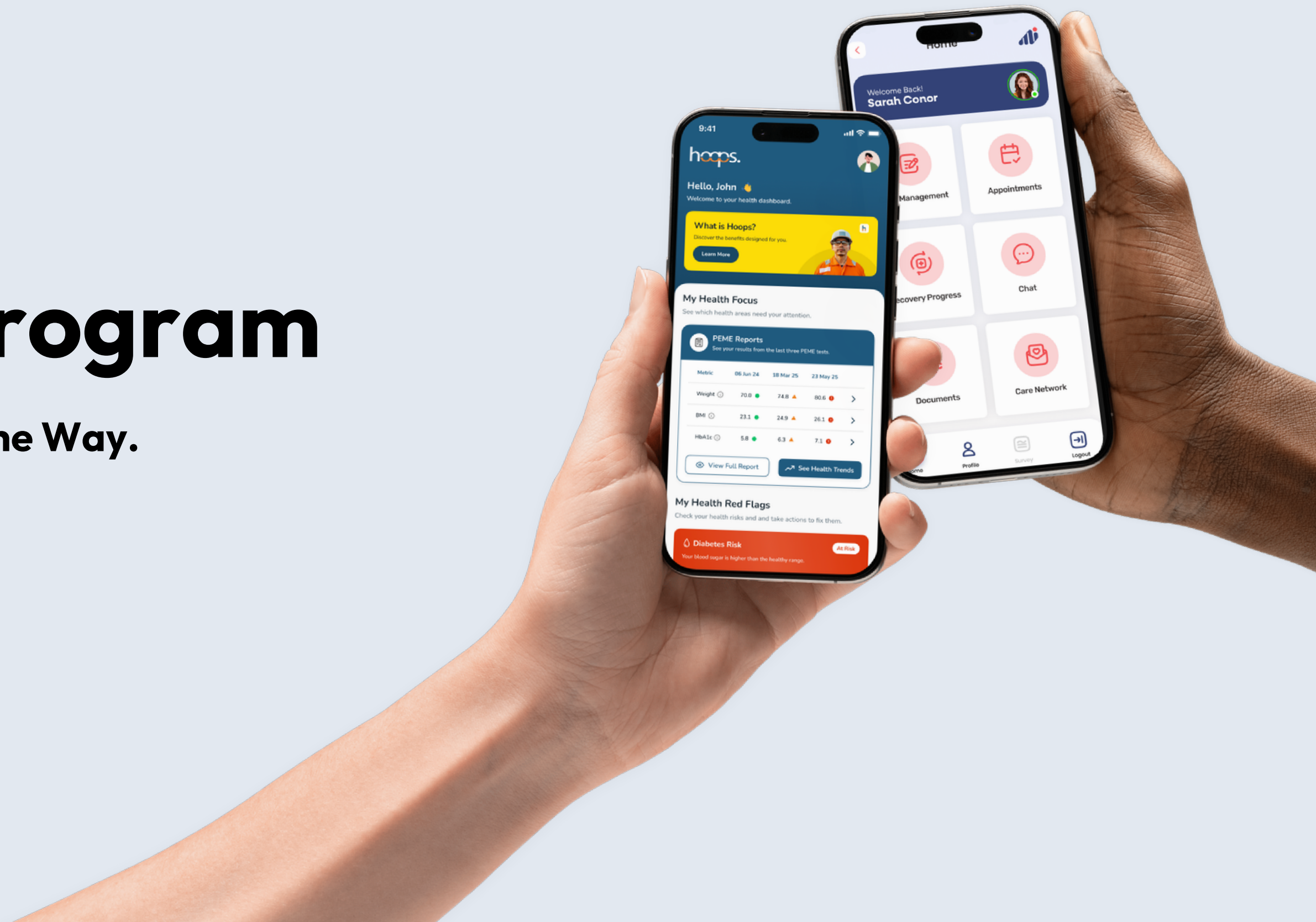




The Seafarer Health Buddy Program

Your Health Buddies, Every Step of the Way.

BROUGHT TO YOU BY
Hoops and MIRA



Maritime health is **broken** - fragmented, reactive, and costly

- Compliance-driven PEMEs; **no follow-through care**
- Chronic conditions **escalate silently**
- Emergencies → **costly repatriations, crew downtime**
- **No shared visibility** across clinics, fleets, or insurers

WHAT HAPPENS WITHOUT SUPPORT



Most Seafarers Only Find Out There's a Problem When It's Already Too Late

WHAT YOU HAVE RIGHT NOW

- ✓ Paper PEME records that don't follow you
- ✓ No health tracking between contracts
- ✓ No support if you get ill on board
- ✓ Pass/fail PEME with no guidance on how to improve

WHAT STAYS HIDDEN

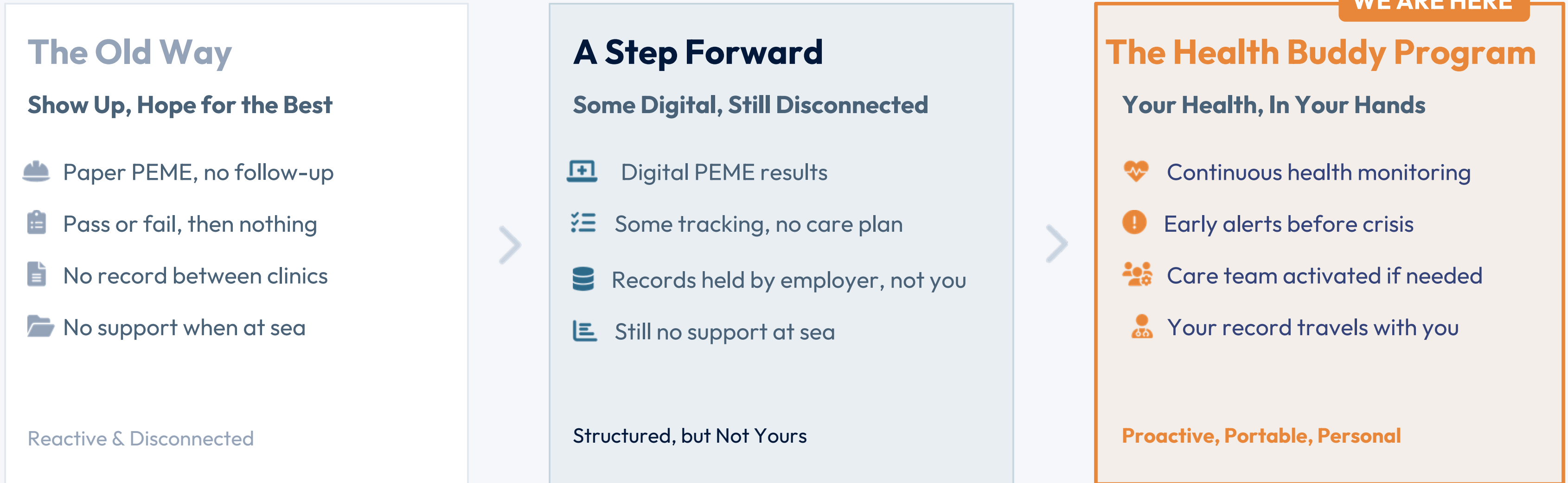
- ✗ Chronic disease building between contracts
- ✗ Fatigue and stress accumulating silently
- ✗ Mental health deteriorating at sea
- ✗ Early symptoms going unnoticed until it's serious



Your health problems only become visible when they become a crisis - by then, the cost to your career is already incurred.

From Guessing to Knowing

Taking Real Control of Your Health at Sea



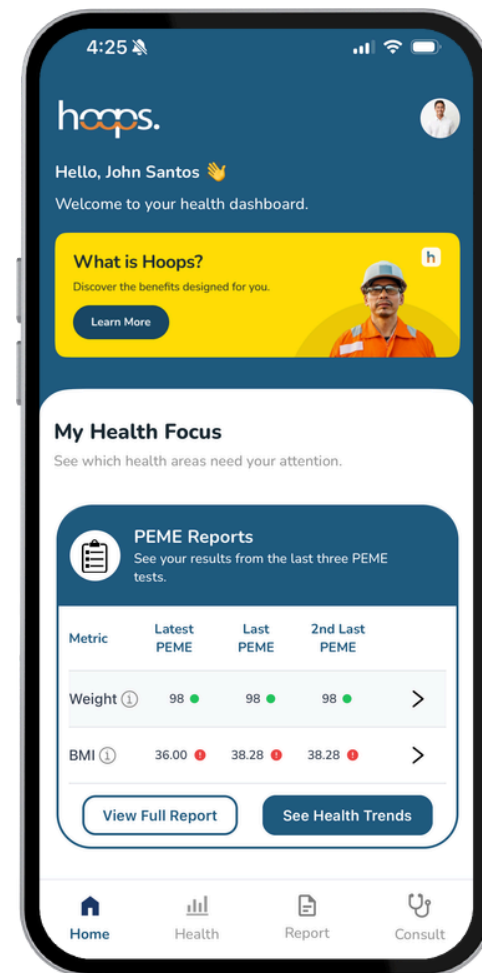
HOOPS + MIRA is the only integrated program that gives seafarers continuous health monitoring and coordinated care support

Two Tools. One Mission. Keeping You Fit for Work and Healthy, on Land or at Sea.



YOUR HEALTH BUDDY APP

- ✓ View your Pre-Employment Medical Exam (PEME) history
- ✓ Red flag detection and risk alerts
- ✓ Receive personalized health goals and next steps
- ✓ Get support from a dedicated care manager
- ✓ Prepare for your upcoming PEME

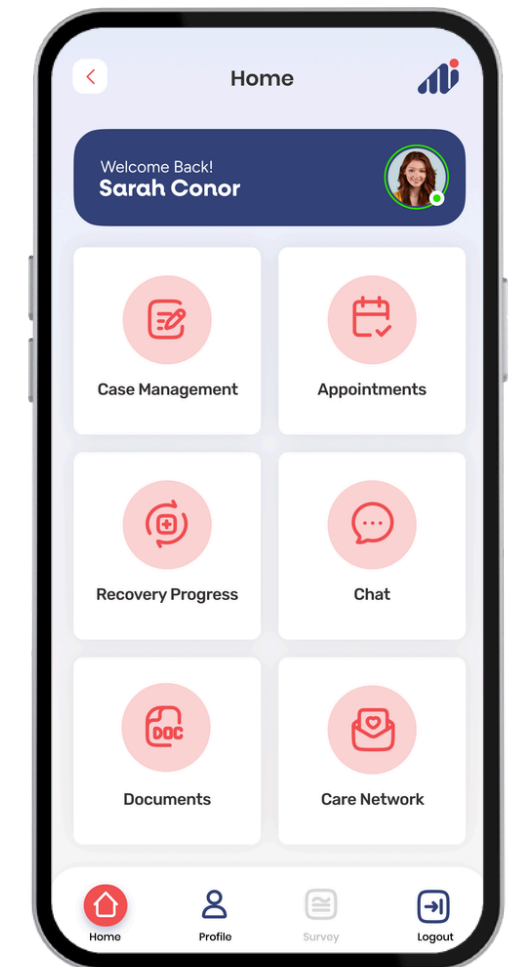


IF SOMETHING
FLAGS



YOUR CARE COORDINATOR

- ✓ A care team is assigned to you
- ✓ A personalised care plan is created
- ✓ Your Master is kept in the loop on duty only
- ✓ Recovery tracked and return-to-work cleared
- ✓ Full documented medical clearance

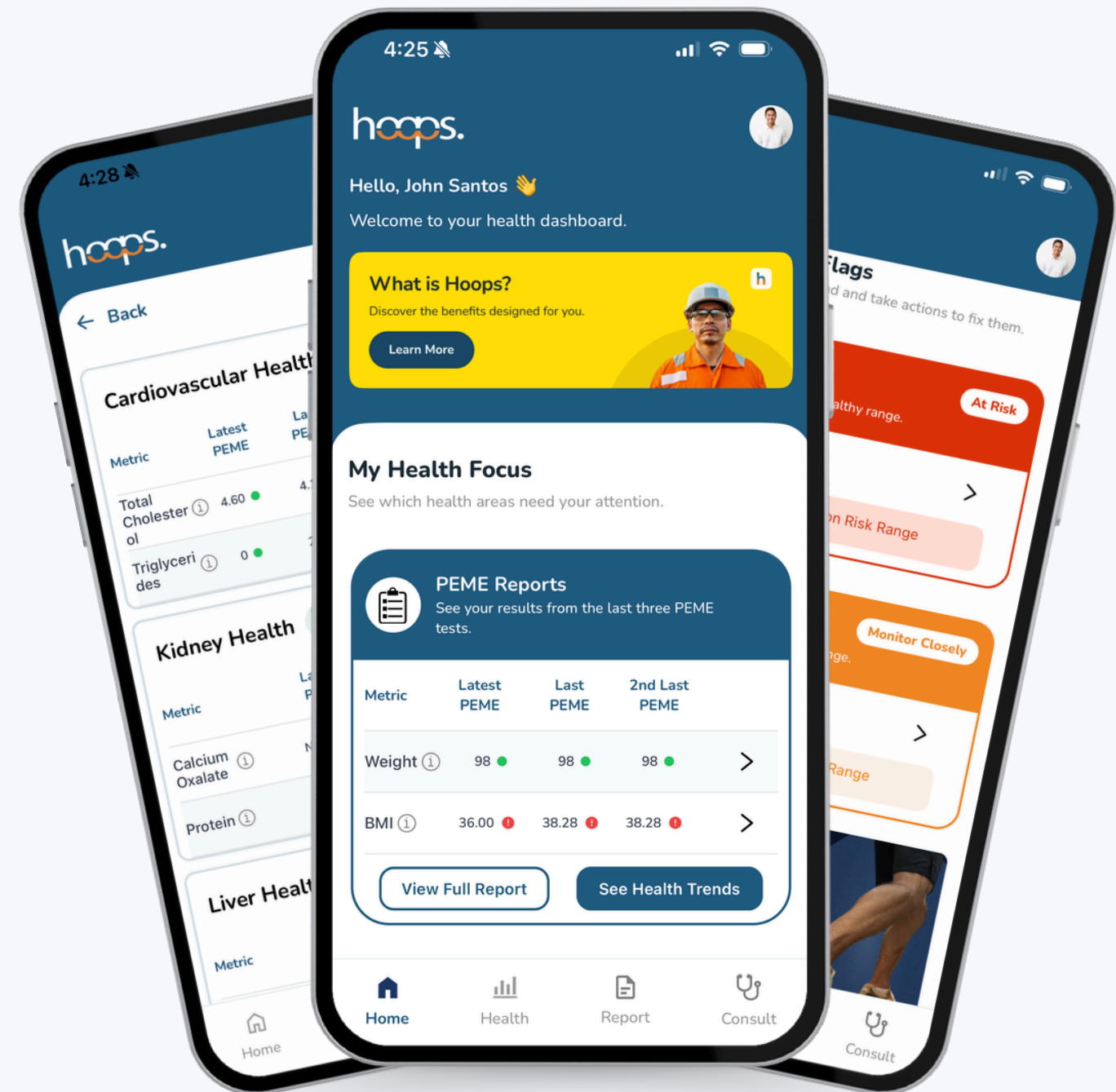


Together: You Are Never Alone When Your Health Is On the Line

HOOPS Turns Your PEME Into a Living Health Record That Works For You Not Just Your Employer

- ✓ PEME digitisation and clinic integration
- ✓ Digital health baseline scoring
- ✓ Red flag detection across cardiovascular, diabetes, kidney, liver, and nutrition health
- ✓ Trend tracking across multiple PEME cycles
- ✓ In-app health goals and reminders
- ✓ Care manager support and consult booking

Monitors 30+ health parameters across every PEME cycle - automatically alerting you when something needs attention.



If You Reach Outside of Your PEME limits or Get Sick / Injured

MIRA Makes Sure You're Not Left to Handle It Alone

WHEN MIRA ACTIVATES FOR YOU

🚨 **Trigger A: PEME Breach**

Health metric outside PEME limits
System and/or care manager triggered.

🚑 **Trigger B: Incident Report**

Any injury, health complaint, or safety incident (including mental health) – seafarer, master, or care manager can initiate.

Case Closure Criteria:

Bloodwork normalises, medical clearance is uploaded, and return-to-work assessment is completed.

WHAT MIRA COORDINATES



Your Crewing Company: Case documented and managed to help you recover.



Your Master / Second Officer: Suggest duty adjustments



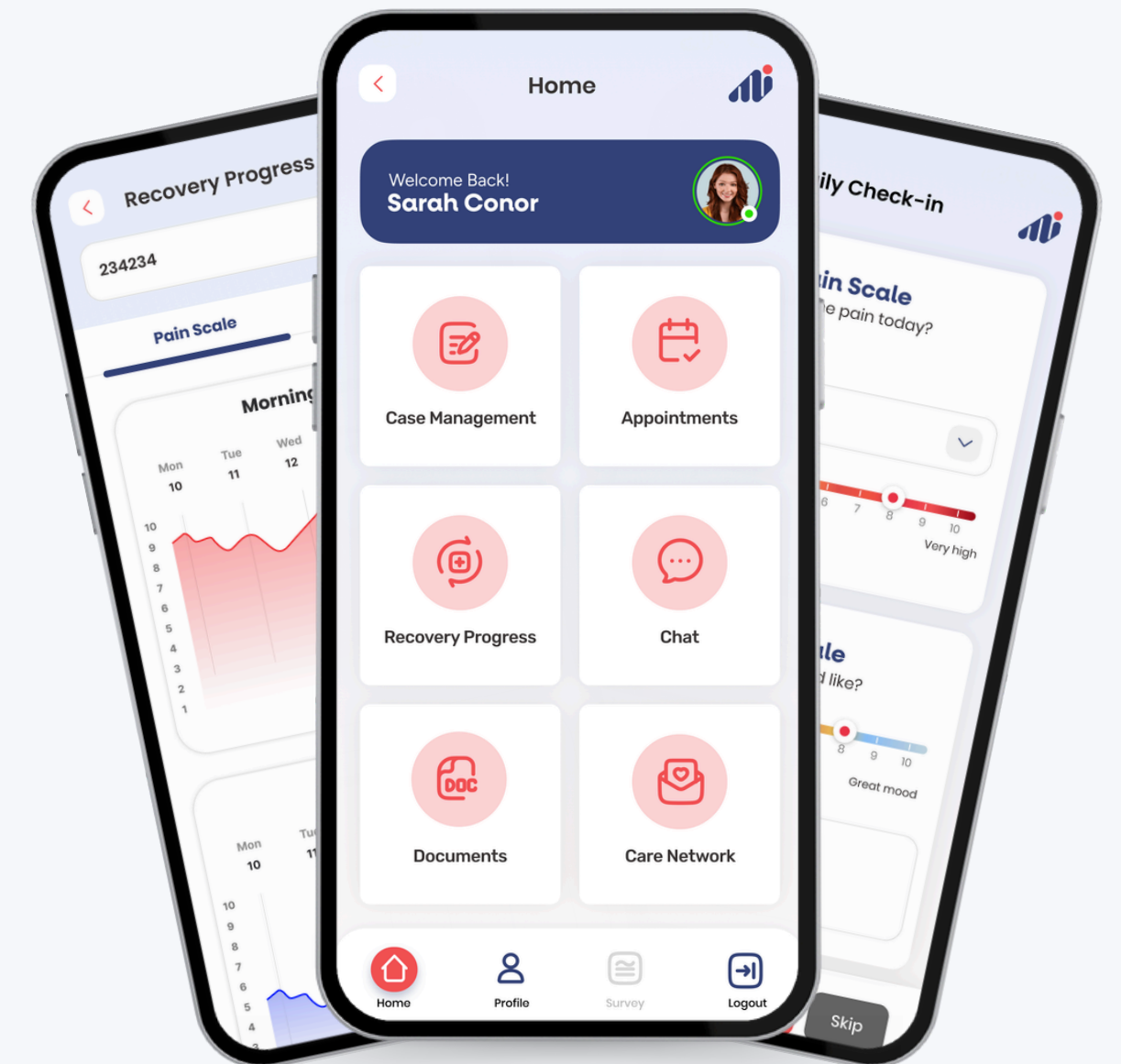
Your Care Manager: Daily check-ins, care plan, escalation support.



You: Recovery tracking, pain/mood logging, direct chat with your care team.



Your Health Record: Every step documented and protected.



From Your PEME to Fit For Work Clearance - Every Step Supported, Tracked and Documented

STEP 1

You Complete Your PEME

- At a registered clinic. Your results go straight into HOOPS.
- No paperwork. No delays. Your record is yours.

STEP 2

Your Results Are Analyzed

- Clinic analyses against your health baseline.

PASS: Fit For Work certificate issued. You proceed with your contract.

FAIL: A remediation window opens (e.g. 90 days). You get support.

STEP 3

MIRA Opens Your Case

- Doctor prescribes medication and lifestyle changes.
- You report your daily progress through the app.
- You always know exactly where you stand.

STEP 4

You Stay Supported

- Your health trends tracked between contracts.
- Red flags caught before they escalate.
- Your care team steps in before things get serious.

STEP 5

You're Cleared & Ready

- Results normalise. Symptoms cleared. Clearance uploaded.
- Return-to-work assessment complete.
- You're notified: fit to return to work

ECOSYSTEM STAKEHOLDERS

 Worker

 Clinic

 HR

 Safety Officer

 Care Manager

 Supervisor

Know Where You Stand - So You Can Act Before a Problem Becomes a Crisis

LOW RISK (TEAL)

- All your PEME results are within healthy range.
- Continue your contract without restrictions. Keep doing what you're doing.
- Monitored at your next PEME cycle. You're in good shape.

MONITOR CLOSELY

- One or more results heading toward a risk zone.
- Your care manager checks in. Health goals are set. Early action keeps you in the clear.
- You're flagged early - before it affects your contract.

AT RISK

- A result is outside safe range for a high-risk condition. MIRA activates immediately.
- A care plan is created. Your care team is assigned.
- Duty adjustments logged. You're supported through every step.



DEDICATED CARE MANAGEMENT

For seafarers who need extra support: a dedicated care manager provides daily health coaching, medication reminders, symptom monitoring and direct escalation to registered medical providers - so you're never navigating your health alone.

Why the Seafarer Health Buddy Program Was Built for You

Four things that make this different from anything else available to seafarers today

Your Health Record Belongs to You

Most PEME records stay with the clinic or employer. HOOPS gives you your own portable health record that travels with you across contracts and clinics.

A Failed PEME Doesn't Have to End Your Contract

The program gives you a structured, supported path back to fit-for-work status - with a care team beside you the whole way.

Your Health Between Contracts Matters

Most support stops the moment your contract ends. This program monitors you continuously - because chronic conditions don't take a break between voyages.

Early Warning Beats Emergency Evacuation

Medical repatriation is costly and stressful. This program catches problems early - so you stay healthy, stay on board, and stay earning.

Are You Selected To Join The Health Buddy Program?

Here's what happens from the moment you sign up

What You Get

Your PEME

Digitised and stored securely in the HOOPS app accessible to you at any time, from anywhere.

Your Monitoring

Continuous health monitoring with alerts if something needs attention.

Your Care Team

A care manager assigned if your health flags a concern. Always in your corner.

Your Pathway Back

A clear, supported path back to fit-for-work on MIRA if you need it. No guessing. No waiting alone.

What We Track

Are Your Results Improving?

We track your PEME results over time to show you whether your health is trending in the right direction.

Are Risks Being Caught Early?

We monitor for red flags so issues are identified and supported before they affect your contract or career.

Are You Getting the Support You Need?

We coordinate care end-to-end and measure whether cases are resolved quickly and effectively.

Are You Satisfied?

We ask seafarers directly: was the program useful, easy to use, and genuinely supportive?

This program is built for you - not for your employer, not for the clinic. Your health, your record, your support.

Everyone in Your Corner:

How the Program Works Together



YOU

Access your health records, receive alerts, track your progress and chat directly with your care manager through the HOOPS & MIRA app.



YOUR CLINIC

Uploads your PEME results directly into HOOPS - no paper, no delays, no lost records.



YOUR EMPLOYER

Sees aggregated workforce health trends only. Your personal health details remain private to you.



YOUR MASTER

Are informed so that they can adjust your duties based on your conditions and prevent symptoms from worsening.



INSURERS

Connects with your insurer to support claims and facilitate recovery documentation if needed.

CARE MANAGERS

Monitors your red flags, builds your care plan, checks in daily, and escalates to registered medical providers when needed.

Ready to Take Control of Your Health at Sea?

Here's How to Get Started with the Seafarer Health Buddy Program



LOG IN AFTER RECEIVING THE INVITE

Download the HOOPS and MIRA apps and log in using your email or mobile number.



COMPLETE YOUR PEME

Your PEME results go straight into your digital health record.



GET YOUR HEALTH SCORE

See where you stand across 30+ health parameters. Know your baseline.



STAY MONITORED

Receive health alerts, tips and check-ins throughout your contract. Your care team is ready if anything flags.

YOUR HEALTH. YOUR CAREER. YOUR FUTURE.

