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## **NEWS RELEASE**

### **Milestone Health Care Quality Unit West Launches “Wellness War” App to Help Persons with Disabilities Live a Healthy Lifestyle**

PITTSBURGH, PA, January 23, 2024 – Milestone’s Health Care Quality Unit (HCQU) West announces the launch of its second app: “Wellness War.” Wellness War is designed to inspire people with intellectual and/or developmental disabilities or autism to reach their wellness goals by breaking the goals down into small challenges and celebrating each win.

“Milestone Health Care Quality Unit West developed ‘Wellness War’ to make healthy living an attainable goal for persons with disabilities,” said Natalie Symons, Director of Milestone Health Care Quality Unit West. “Making lifestyle changes can be daunting, so this app presents wellness challenges in a way that motivates participants and celebrates their achievements.”

Available for free in the Apple App Store and Google Play Store, Wellness War provides wellness challenges as seven-day contests. Highlights include:

- Ability to share challenges with friends, to keep participants motivated and accountable.
- One-week challenges that can be repeated as many times as desired to attain goals.
- Daily “check-ins” to reinforce self-reporting and personal responsibility.
- Celebrating each victory with a trophy when challenges are completed.

Wellness War is a user-friendly app that infuses fun with motivational tools, all with the goal of living a healthy lifestyle. It follows Milestone HCQU West’s inaugural app, “DSP (Direct Support Professional) Handbook” which debuted in February 2023. DSP Handbook is useful for anyone who provides care and support to persons with intellectual and/or developmental disabilities, whether it be Direct Support Professionals, family members or loved ones.

The Milestone Health Care Quality Unit West is based in Butler and serves nine Western Pennsylvania counties: Armstrong, Beaver, Butler, Clarion, Crawford, Indiana, Lawrence, Mercer and Venango. Health Care Quality Units operate across the commonwealth and provide training and assistance to families and professionals. The free Wellness War app can be used by anyone in any location.

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(continued)

A subsidiary of Partners For Quality, Milestone is a nonprofit social services organization founded in 1969. The agency supports more than 2,300 local individuals with intellectual & developmental disabilities and behavioral health challenges through community and residential-based programs, outpatient services and facility-based day programs. Learn more at [MilestonePA.org](http://MilestonePA.org).

### About Partners For Quality

Headquartered in McKees Rocks, Partners For Quality provides administrative oversight for organizations that serve individuals with intellectual and developmental disabilities and behavioral health challenges. Serving Allegheny County since 1975, Partners For Quality, through its subsidiaries, serves more than 4,000 people annually and employs about 1,000 across its organizations. Partners For Quality subsidiaries have earned accreditation from The Council on Quality Leadership, The Council on Accreditation and the Sanctuary Institute (for trauma-informed care).

The Partners For Quality family of nonprofit agencies includes: **Allegheny Children’s Initiative**, serving children and families with behavioral health challenges; **Citizen Care**, which provides residential and community-based supports and services to individuals with intellectual and developmental disabilities; **Exceptional Adventures**, an agency that provides travel opportunities to individuals with disabilities; **Milestone**, serving individuals with developmental and behavioral health challenges, including two Health Care Quality Units in Butler and Warren which train professionals in 18 counties; and **Partners For Quality Foundation**, which raises funds for all services throughout the family of agencies. For more information, visit [PFQ.org](http://PFQ.org) and [Facebook.com/PartnersForQuality](https://Facebook.com/PartnersForQuality).

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