

MIELSY®

Science-Based Multidimensional Wellness

ASSESS • IMPROVE • MEASURE

A preventive wellness ecosystem transforming scientific knowledge into practical, measurable solutions for individuals and organizations.

Guatemala • El Salvador • Regional Growth Vision

MIELSY® combines multidimensional assessment, preventive intervention, education and evaluation of change across 13 dimensions of well-being.

The Challenge & Our Solution

Organizations increasingly invest in wellness, but many initiatives remain fragmented and difficult to evaluate. MIELSY® addresses this gap through an integrated model that identifies areas of imbalance, guides preventive action and measures change over time.

1. ASSESS	2. IDENTIFY	3. INTERVENE	4. RE-MEASURE
Multidimensional baseline	Priority well-being needs	Structured preventive actions	Evidence of change

13 Dimensions of Integral Well-Being

Physical	Mental	Emotional
Spiritual	Creative	Professional / Intellectual / Academic
Economic	Family	Love / Partnership
Social	Cultural	Environmental
Digital		

Our differentiator: MIELSY® does not approach well-being as a single isolated variable. It integrates multiple dimensions into a structured process designed to support preventive decision-making and measurable improvement.

Solutions for Organizations

Multidimensional Wellness Assessment

Identify strengths, vulnerabilities and priority areas across 13 dimensions.

Preventive Wellness Programs

Structured interventions designed around identified needs rather than generic wellness activities.

Pre/Post Evaluation

Reassess after intervention to document change and support evidence-informed decisions.

Organizational Impact Reporting

Translate results into a clear report for leadership, human resources and institutional planning.

Education & Scientific Content

Training, publications and educational resources that convert complex scientific knowledge into practical tools.

Who We Serve

Companies • Educational institutions • Professional organizations • Health and wellness initiatives • Organizations seeking preventive, measurable and multidimensional approaches to well-being.

Why MIELSY®

SCIENCE-BASED	13	PRE / POST
Research-informed approach	Well-being dimensions	Measurement of change

From Scientific Knowledge to Practical Impact

MIELSY® was created to bridge the gap between scientific knowledge and everyday preventive well-being. Its approach integrates assessment, intervention and evaluation so that organizations can move beyond isolated activities toward a structured wellness process.

MIELSY®

Mi Equilibrio Lo Siento Ya

Guatemala • El Salvador

Science • Prevention • Multidimensional Well-Being • Measurable Change

International profile purpose: partnerships, organizational wellness services, scientific collaboration, market development and regional expansion.