



Building **Healthy** Worksites

Integrated Health 21 Acquires HealthWorks

Acquisition further expands service delivery into the Midwest

PITTSBURGH, Pa., October 10, 2025 – Integrated Health 21 (IH21) announced today that it has acquired the assets of HealthWorks (legally MKDF Enterprises), a Cincinnati-based health and wellness company with over 25 years of providing wellness strategy, biometric screenings, vaccine clinics, and other wellness services. This follows IH21's previous acquisitions of Fitness Essentials, LLC in August 2022; Healics, Inc. in December 2022; and Health Fitness Concepts RN, LLC (HFC), in June 2023.

HealthWorks was established in Cincinnati by founder, Denise Flickner. What began as a company specializing in biometric screenings and flu shot clinics, quickly grew into a respected full-service wellness company offering everything from screenings services and comprehensive wellness solutions to a proprietary engagement platform. HealthWorks has a solid footprint throughout Ohio, but services client locations well beyond.

"We are pleased to announce the acquisition of HealthWorks," said John (Jack) Tomayko, Chairman of IH21. "This strategic alignment brings together two organizations that share a commitment to advancing workplace health and well-being. By combining our strengths, we will expand our geographic footprint and enhance the breadth of our service offerings, positioning IH21 to deliver comprehensive and innovative wellness solutions to an even broader client base."

"I am truly excited about this next phase for HealthWorks," said Denise Flickner, Founder of HealthWorks. "When considering a future partner, it was essential to find an organization that shares the vision, culture, core values, and unwavering commitment to client service that have defined HealthWorks since I started the company. IH21 is the right fit because it aligns with who we are and what we stand for. Joining forces with IH21 will only enhance the opportunities and services we can provide to our existing clients, while allowing us to extend our reach and support even more organizations in the future."

About Integrated Health 21

IH21 is a solutions-based wellness and clinical services company with a reputation for quality care and superior customer service. IH21 is corporately located in Pittsburgh, PA, with locations in Elmsford, NY, Milwaukee, WI, and Syracuse, NY, that provide health enhancement and cost-savings solutions to insurance companies, corporations, and institutions.



For additional information, please visit our website at www.integratedhealth21.com.

IH21 is a portfolio company of Tomayko Group Holdings, Inc. (TGH). TGH is an investment and consulting company specializing in health care with a concentration in preventative health and wellness services. For more information, please visit www.tomaykogroup.com.

About HealthWorks:

Founded in 1999 and headquartered in Cincinnati, OH, HealthWorks is a trusted partner to over 650 organizations seeking impactful employee wellness programs. With deep experience across industries—from manufacturing and municipalities to schools, universities, and professional services—HealthWorks delivers comprehensive, one-stop wellness solutions backed by best-in-class client service.

With a strong Ohio presence and growing regional footprint, HealthWorks combines its preferred provider status with Anthem and Medical Mutual, extensive work with third-party administrators, and strong relationships with many of the leading brokers in the tri-state region to deliver wellness programs with national reach and local expertise.

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