



## **Integrated Health 21, LLC Acquires the Wellness Operations of Healics, Inc.**

*Acquisition expands the service delivery into the Midwest region.*

PITTSBURGH, Pa., Jan. 10, 2023 – Integrated Health 21, LLC (IH21) announced today the acquisition of the Wellness Operations of Healics, Inc., a Milwaukee, WI based long-standing company that provides a broad range of wellness services. This follows IH21’s acquisition of Fitness Essentials, LLC in August, 2022 that enhanced its service line by offering preventative and post-rehabilitative individual exercise programs.

Healics is a well-established wellness company founded in 1985. It services over 500 corporate and institutional clients, primarily in the upper Midwest of the United States. Healics will become a Division of Integrated Health 21 and their service line will be expanded with program offerings established by IH21.

“We are excited to combine the resources of Healics, Inc. with Integrated Health 21 and the opportunity to extend services throughout the Midwest. Healics, Inc. has been a regional leader and quality service provider that will blend well with our advanced programming and commitment to superior service,” said Liz Sullivan, President/CEO of Integrated Health 21.

### **About Integrated Health 21, LLC**

Integrated Health 21, LLC is a solutions-based wellness and clinical services company with a reputation for quality care and excellent customer service. IH21 has its corporate office and clinic in Pittsburgh, Pa., where it executes contracts for Highmark and Excellus insurance companies along with individual corporations and institutions. For additional information, please visit our website at [www.integratedhealth21.com](http://www.integratedhealth21.com).

Integrated Health 21 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](http://www.tomaykogroup.com).



**About Healics, Inc.**

Healics, Inc. provided a full-range of wellness services including health risk assessments, biometric screenings, on-site and telephonic health coaching and various lifestyle enhancement programs. The company serviced numerous corporations, health systems and health organizations scheduled out of their corporate office in Milwaukee, WI.

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