

Pete Shatwell, M.S.



Vice President of Client Solutions

Pete has been in corporate and worksite health for 14 years. He completed his graduate degree at Montana State University in 2013 while working as the Assistant director for the employee wellness program. In 2012 he also earned graduate student of the year. He also sat on the founding board of the Gallatin Valley YMCA where he was able to help start various programs for children and their parents.

As a respected leader in the field he has spoken about employee health on many occasions including the Journal of Health Promotion. He has published multiple peer reviewed articles covering health behavior change through both environmental and economic means. His primary focus of continued study in Behavioral Economics where in motivation for behavior change is driven by gain and loss in some fashion such as time, money, or benefit.

In 2003 he was one of the founders of TwoMedicine Health and Financial Fitness. As president he was in charge of strategy, education and employee relations. He developed relationships with Mayo Clinic and WebMD and used their tools to serve his clients. He was able to create multiple platforms for health improvement and found that most of the service sold on the market were internet based and ineffective. He and his team served clients such as municipalities, banks, hospitals and surgical centers, engineering firms and retailers.

In 2013 Pete left TwoMedicine and founded Resilient Health LLC. Within less than 2 years his company grew to over \$800,000 in annual revenues. His primary focus was intervention programs that depended on thorough health screenings and varying individual interventions. The participation in the services and programs was driven by health contingent programming where individuals can gain incentive or lose benefit based upon meeting certain criteria.

In 2015 Resilient Health was merged with It Starts with Me, the premier health screening provider in the United States. As one entity It Starts with Me Health can cover the entire spectrum of employee health and strategy. As the Vice President of Client Solutions Pete is focused on growing relationships with clients, consultants, actuaries, carriers and third party administrators. He is part of a team that cares mostly about individuals health and wellbeing, not so much the return on investment that so many wellness companies tout.