

Rachel Meech, M. Ed., CHES



## Director, Client Services & Solutions

Rachel has been passionate about driving employee health and wellbeing in the workplace for many years. She began her career in 2003 while obtaining her Master's Degree (in Health Promotion) from the University of Nevada Las Vegas (UNLV). Concurrent to her studies, Rachel worked as a Graduate Assistant, doing research with the Firefighters of Southern Nevada as well as teaching a health education class. Additionally, Rachel had the opportunity to work with Dove and the Campaign for Real Beauty. It was during this time that Rachel narrowed her Health Promotion focus to Corporate Health and Wellness.

Shortly after graduating, Rachel was hired by TwoMedicine Health and Financial Fitness as a Preventive Health Strategist. In this position, Rachel managed the preventive health initiatives of several clients from both the public and private sectors. She also consulted throughout Montana and Wyoming, assisting groups with the development, implementation and evaluation of their employee health program.

In 2013 Rachel became a founding partner of Resilient Health LLC, a company that was later merged into It Starts With Me Health. As a leader in the company, Rachel helps develop and oversee strategies to ensure clients enjoy the best possible services and solutions that deliver real and tangible value – both to employers and to individual employees. She greatly enjoys this role, as it allows her to work directly with clients to implement Clinical Health Solutions, which ultimately improve the health of employees and work to control health benefit costs.

On a personal note, Rachel enjoys spending time with her husband to two children. Her hobbies include travel, the outdoors, cooking and spending time with friends.