

**innergy**® From Healthways, in collaboration with Johns Hopkins Medicine  
healthier weight

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## Make TODAY matter.

Every day is a fresh start—a new chance to make healthier choices.

Innergy helps you make great choices today, and supports you in building skills and strategies to achieve and maintain a healthier weight for a lifetime.

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[Innergy Works For Life](#) ➔

## You can help your employees manage their weight

[Make Today Matter](#)

[Innergy Works For Life](#)

[The Innergy Difference](#)

[Is Innergy Right for You?](#)

[Built on Scientific Evidence](#)

[One-on-One Coaching](#)

[Tracking Made Easy](#)

[Discover Lifelong Change](#)

Innergy®, an employee benefit based upon Johns Hopkins research and developed by Healthways, provides a personalized, coach-based program that people [can use to lose weight and keep it off.](#)

## New Psychiatry app now available to all health care providers

Whether starting with a symptom or a diagnosis, the Phipps Guide brings a needed cohesiveness to doctors seeking evidence-based guidance for [diagnosing and treating individuals with mental illness.](#)

## Retain your hospitalists by rating and tracking their morale

Keeping experienced hospitalists can lower case costs by [\\$800, and decrease length of stay by a half day.](#)

## Learn More About

### Improving Patient-Safety:

Patient-safety expert Dr. Peter Pronovost discusses how the [CUSP toolkit can improve clinical team-work and save lives.](#)

### Live Long and Prosper:

You're only as young as you feel; [five tips to keep you happy and healthy from age 65 and up.](#)