

Josh Hix, CEO

Josh is co-founder and CEO of Season Health, the only integrated Food-as-Medicine Platform that enables people to eat well and live well. By combining evidence-based clinical care with access to affordable medically-tailored meals and groceries, Season empowers individuals and their families to make informed, sustainable choices, measurably improving both health outcomes and quality of life. Josh is also co-founder and former CEO of Plated, which shipped millions of meals to over 95% of the United States before being acquired by Albertsons grocery brands in 2017. He has a lifelong interest in health and nutrition. Josh received his MBA from Harvard Business School and a BS in Electrical Engineering from Georgia Tech.