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Josh McMillan, MBA
Executive Advisor

Josh McMillan joined VitalSigns Wellness in 2020. He is passionate about making wellness education easily accessible to everyone in an effort to ensure they are equipped with reliable and effective information. Josh believes that the better we take care of ourselves, the better we can then serve others.

Born and raised in Knoxville, an honors graduate of The University of Tennessee, Knoxville with an MBA, Josh loves living in and serving the East Tennessee community. He is married to his high school sweetheart, Katlyn, and they recently welcomed the arrival of their first child. Josh and Katlyn have a passion for mentoring high school students and fostering a sense of deep community with the people around them, and they are heavily involved with their church, Central Baptist Church of Fountain City. He is a mega fan of all things Disney, the Vols, and the Boston Red Sox.

