

# CURRICULUM VITAE

**Megan Melo, MD**

Seattle, WA

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YouTube Channels: [@meganmelophysiciancoach](#) and [@drmeganmelo](#) (obesity-focused)

## Summary of Expertise

Dr. Megan Melo, MD, is a board-certified family medicine physician with extensive experience in primary care for both children and adults. She is uniquely positioned to assist attorneys with cases involving a wide range of medical issues, including obesity management, including the use of obesity medications such as Ozempic/Wegovy and Mounjaro/Zepbound, cardiometabolic health (prediabetes, weight gain, heart disease prevention), pre-pregnancy counseling, miscarriages, contraception, menopause, and concussions.

Dr. Melo's comprehensive understanding of women's health, particularly around metabolic care and reproductive health, makes her an invaluable expert witness for cases related to these areas. In addition to her clinical expertise, Dr. Melo is recognized for her ability to effectively communicate complex medical concepts in a clear, accessible way, both to her patients and in the legal arena.

A gifted speaker, Dr. Melo also hosts the podcast *Ending Physician Overwhelm*, where she addresses the emotional trauma and challenges healthcare professionals face. Her experience supporting patients through trauma inspired her to become a certified life coach, specializing in helping her peers navigate workplace stress and burnout. This unique combination of medical and coaching expertise allows her to provide attorneys with not only medical insights but also a nuanced understanding of the psychological aspects related to trauma in their client's cases.

## Hospital Appointments

SWEDISH MEDICAL CENTER, FIRST HILL CAMPUS, Seattle, WA <b>Family Medicine with Obstetrics Physician</b>	03/2015—04/2021
GROUP HEALTH COOPERATIVE, FAMILY BEGINNINGS UNIT, Seattle, WA <b>Family Medicine with Obstetrics Physician</b>	07/2010—02/2015
VIRGINIA MASON MEDICAL CENTER, Seattle, WA <b>Family Medicine Physician</b>	07/2010—07/2014

## Academic Appointments

UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE, Seattle, WA <b>Clinical Instructor</b>	09/2013—09/2019
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## Employment

PHINNEY PRIMARY CARE, Seattle, WA <b>Family and Obesity Medicine Physician</b>	06/2022—Present
MAVEN CLINIC, New York, NY <b>Family Medicine with Obstetrics Physician</b>	08/2021—02/2023
ALL WOMEN'S CARE, Seattle, WA <b>Family Medicine Physician (Pregnancy Termination Care)</b>	05/2019—Present
KAISER PERMANENTE WASHINGTON MEDICAL GROUP, Seattle, WA <b>Provider Wellness Champion</b>	10/2017—03/2020
GROUP HEALTH COOPERATIVE/KAISER PERMANENTE WASHINGTON MEDICAL GROUP, Burien, WA <b>Family Medicine with Obstetrics Physician</b>	06/2011—06/2021
GROUP HEALTH COOPERATIVE, Locums <b>Family Medicine with Obstetrics</b>	07/2010—05/2011

## Major Consulting Engagements

9AM HEALTH, Allen, TX <b>Obesity Medicine Physician Advisor</b>	03/2023—Present
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## Postdoctoral Training

COLUMBIA/CORNELL OBESITY COURSE (VIRTUAL FELLOWSHIP, 60 CREDIT-HOURS), New York, NY <b>Obesity Medicine Virtual Fellowship and Preparation for American Board of Obesity Medicine Exam</b>	09/2020 - 12/2020
FACULTY DEVELOPMENT FELLOWSHIP, UW FAMILY MEDICINE DEPARTMENT, SEATTLE, WA <b>Family Medicine Faculty Fellow</b>	07/2014—05/2015
GROUP HEALTH COOPERATIVE FAMILY MEDICINE RESIDENCY, Seattle, WA <b>Family Medicine Chief Resident</b>	6/2009-6/2010
GROUP HEALTH COOPERATIVE FAMILY MEDICINE RESIDENCY, Seattle, WA <b>Family Medicine Intern &amp; Resident</b>	6/2007—6/2009

## Major Leadership Positions

HEALTHIER FOR GOOD, PLLC, Seattle, WA <b>CEO and Principal</b>	03/2021—Present
FOR WOMEN, LLC, Tacoma, WA <b>Medical Director and Principal</b>	08/2012—6/2018

## Major Committee Service

KING COUNTY ACADEMY OF FAMILY PHYSICIANS, Seattle, WA <b>Board Member</b>	06/2022—05/2023
GROUP HEALTH COOPERATIVE, Seattle, WA <b>Ethics Committee Member</b>	2010—2012

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## Education

UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE, Seattle, WA 09/2003—09/2007  
**MD**

CASE WESTERN RESERVE UNIVERSITY, Cleveland, OH 09/1999—06/2003  
**BA (Magna Cum Laude), Majors in English and Biology with Minor in Chemistry**

## Licenses and Medical Certifications

WA Expires 01/12/2027  
**Medical License**

AMERICAN BOARD OF FAMILY MEDICINE  
**Re-Certified 2020**

AMERICAN BOARD OF OBESITY MEDICINE  
**Certified 2021**

## Additional Certifications

THE LIFE COACH SCHOOL, Allen, TX 2021  
**Certified Physician Life Coach**

BRENÉ BROWN EDUCATION AND RESEARCH GROUP, Houston, TX 2021  
**Certified Daring Way Facilitator**

## Professional Societies

AMERICAN ACADEMY OF FAMILY PHYSICIANS  
OBESITY MEDICAL ASSOCIATION  
MENOPAUSE SOCIETY

## Honors and Awards

VOTED "TOP DOC" FOR OBESITY MEDICINE IN SEATTLE METROPOLITAN MAGAZINE 2024

VOTED "TOP DOC" FOR FAMILY MEDICINE IN WASHINGTON TOP DOCS 2020

VOTED "TOP DOC" FOR FAMILY MEDICINE IN SEATTLE METROPOLITAN MAGAZINE 2014

## Teaching

### Curriculum Development

KAISER PERMANENTE OF WASHINGTON FAMILY MEDICINE RESIDENCY, Seattle, WA 2014—2015  
-Designed resilience curriculum for residents.

### Medical Students

UNIVERSITY OF WASHINGTON MEDICAL SCHOOL, Seattle, WA 2013—2019

### Family Medicine Interns and Residents

UNIVERSITY OF WASHINGTON MEDICAL SCHOOL, Seattle, WA 2019  
ADVANCED LIFE SUPPORT IN OBSTETRICS INSTRUCTOR CERTIFICATION

GROUP HEALTH FAMILY MEDICINE RESIDENCY FACULTY 2013—2019

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## Presentations

1. ACOOG ANNUAL WOMEN'S HEALTH CONFERENCE (SCOTTSDALE, AZ) 11/2024  
**Insulin Resistance in PCOS and Perimenopause**
2. GEORGIA/NORTH CAROLINA ACP VIRTUAL DOCTOR'S LOUNGE, Atlanta, GA (VIRTUAL) 09/2024  
**3 Myths About Physician Burnout That are Keeping you Stuck**
3. NORTHEASTERN CONGENITAL CARDIOLOGY ASSOCIATION, Boston, MA 03/2023  
**Perspective Shift: Making Room for Emotions in the Practice of Medicine**
4. KAISER PERMANENTE (HOSPICE & PALLIATIVE CARE), Seattle, WA 11/2023  
**Living BIG: Boundaries, Integrity, and Generosity**
5. CHARTING CHAMPIONS, ALBERTA, CANADA (VIRTUAL) 01/2022  
**Living BIG: Boundaries, Integrity, and Generosity**
6. FEEL BETTER FOR WOMEN PHYSICIANS, BOSTON, MA (VIRTUAL) 03/2022  
**Living BIG: Boundaries, Integrity, and Generosity**
7. FEEL BETTER FOR WOMEN PHYSICIANS, BOSTON, MA (VIRTUAL) 11/2021  
**Living BIG: Boundaries, Integrity, and Generosity**
8. FEEL BETTER FOR WOMEN PHYSICIANS, BOSTON, MA (VIRTUAL) 05/2021  
**Living BIG: Boundaries, Integrity, and Generosity**
9. PHYSICIAN WELLNESS CONFERENCE: KAISER PERMANENTE, Seattle, WA 09/2019  
**Top 5 Wellness Priorities**
10. SEATTLE AREA ANNUAL MEETING: KAISER PERMANENTE MEDICAL GROUP, Seattle, WA 09/2017  
**Introduction to Wellness Champion Program**

## Publications

Baumert C, Melo M, Vincent, EC. Topical Medications for Seborrheic Dermatitis. Am Fam Physician. 2017 Mar 1; 95(5):329

## Podcasts

"Ending Physician Overwhelm" Podcast Host 3/2022—Present

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Women's Wellness Psychiatry podcast (host Anna Glezer, MD) September 29, 2024 "Perfectionism and People-pleasing with Dr. Melo"

The Worthy Physician podcast (host Sapna Shah-Haque, MD) July 23, 2024 "The Hidden Struggles of Physicians: Dr. Megan Melo, MD on Perfectionism, Burnout, and Self-Care"

Inner Peace and Power podcast (host Rashmi Schramm, MD) July 15, 2024 "Embracing Imperfection and Authenticity with Dr. Megan Melo"

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Thriving as a Physician podcast (host Siobhan Key, MD) July 12, 2024 "How Restriction Drives Overeating: Interview with Dr. Megan Melo, MD"

Conquer Your Weight podcast (host Sarah Stombaugh, MD) July 3, 2024 Episode 80 "A Conversation about Binging with Guest: Megan Melo, MD"

UnabridgedMD podcast/YouTube (host Isabelle Amigues, MD) May 8, 2024 S3EP19 "Boundaries and Self-Care with Physician Life Coach, Dr. Megan Melo"

Physicians on Purpose (host Dike Drummond, MD) April 23, 2024 Episode 83 "Megan Melo, MD: Healthy Boundaries and the Inner Game of Physician Wellness"

Healthy Joints Health Life with Dr Dr Dada (host, Arinola Dada, MD) March 14, 2024 "How Weight Loss Medications also have Anti-inflammatory Benefits With Dr. Megan Melo"

9AM Health Ask a Doc (host Stephanie Blauwkamp) February 28, 2024 All About GLP-1 Series (10 videos)

Physician's Guide to Doctoring (host Bradley Block, MD) January 24, 2024 "Combating Perfectionism in Health Care with Dr. Megan Melo"

Safe Space Made Simple (host Trace Hobson) December 24, 2023 "Navigating Burnout and Promoting Well-being in Healthcare with Dr. Megan Melo"

Lifestream Health Center YouTube (host Sarah Merritt, MD) April 21, 2023 "Dr. Megan Melo: Let's Talk Burnout with Caregivers"