

Miriam Zylberglait, MD, FACP, ABOM, CWO

*Triple Board Certified Academic Physician | Chief Wellbeing Officer
| Licensed Medical Expert | Speaker & Author*



Contact Information

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Profile

Triple board-certified physician with over 20 years of clinical, academic, and leadership experience in the U.S. and Latin America. Certified Chief Wellbeing Officer and Mental Health Ally with expertise in internal medicine, geriatrics, and obesity medicine. Founder and CEO of a concierge virtual clinic, focused on precision medicine, gut-brain axis support, and holistic care. Advocate for human-centered care, physician wellbeing, and emotional intelligence. Medical expert witness and consultant, holding high ethics and standards.

Medical Licensure & Certifications

- Board Certified in Internal Medicine (2015)
 - Board Certified in Geriatric Medicine (2016)
 - Board Certified in Obesity Medicine (2020)
 - Certified Mental Health Ally (2021)
 - Certified Chief Wellbeing Officer (2024)
 - Licensed Medical Expert – Florida (2024)
 - Active Medical Licenses: Florida, Texas
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Education

- Chief Wellbeing Officer Certification, World Happiness Academy (2023–2024)
- Creative Institute, Georgetown University (2022–2023)
- Executive Coaching Program for Physician Leadership Development, Physician Wellness Advocate (2021–2022)
- Fellowship in Leadership Education and Development (LEAD), AAMC (2019–2020)
- Physician Leadership Academy, Florida Medical Association (2018–2019)
- Fellowship in Geriatric Medicine, Jackson Memorial Hospital, Miami, FL (2015–2016)
- Residency in Internal Medicine, Jackson Memorial Hospital / University of Miami, FL

(2013–2015)

- Second Specialization in Geriatric Medicine / Internal Medicine, Universidad Nacional Federico Villarreal, Lima, Peru (2005–2008)
 - Master of Public Health and Epidemiology, Universidad Nacional Federico Villarreal, Lima, Peru (2003–2005)
 - Medical Doctor, Universidad Peruana Cayetano Heredia, Lima, Peru (1991–2001)
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Professional Experience

- Founder, CEO & Medical Director, Virtual Wellbeing MD (Current)
 - Telehealth Physician, Sanitas (2022–2023)
 - Physician, Internal Medicine & Geriatrics, Aventura Hospital & Medical Center (2016–2022)
 - Research Associate, Miami VA GRECC (2016–2017)
 - Research Associate, Laboratory of E-learning & Multimedia Research (LEMUR), Miami VA GRECC (2012–2013)
 - Chief Physician, Geriatric Day Hospital, Naval Medical Center, Lima, Peru (2009–2011)
 - Secondary Investigator, Multicenter Study MK-007, Merck Sharp & Dohme, Lima, Peru (2007–2008)
 - Attending Physician, Department of Medicine, Naval Medical Center, Lima, Peru (2003–2005)
 - Rural & Marginal Urban Service Physician, Peruvian Navy (2002–2003)
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Academic and Leadership Roles

- Lecturer & Grand Rounds Presenter, Multiple Residency Programs & Conferences (2022–Present)
- Leadership Thread Co-Director, NSU Dr. Kiran C. Patel College of Allopathic Medicine (2020–2022)
- Medicine Clerkship Director, NSU Dr. Kiran C. Patel College of Allopathic Medicine (2020–2022)
- Associate Program Director, Internal Medicine Residency, Aventura Hospital (2017–2022)
- Interim Program Director, Internal Medicine Residency, Aventura Hospital (2017–2019)
- Core Faculty, Internal Medicine Residency, Aventura Hospital (2016–2022)
- Faculty, Transitional Year Residency Program, Aventura Hospital (2016–2022)
- Voluntary Clinical Assistant Professor, FIU Herbert Wertheim College of Medicine (2016–2024)
- Voluntary Clinical Assistant Professor, NSU Dr. Kiran C. Patel College of Osteopathic

Medicine (2018–2022)

- Faculty, Universidad Científica del Sur, Lima, Peru (2009–2010)
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Consulting and Expert Work

- Consultant, Peakality (Since 2024) – Provide clinical expertise for the development of wellness products, leveraging technology to enhance health and wellbeing solutions.
 - Medical Expert, Williams Consulting, LLC (Since 2024) – Legal and forensic case consultation for SSA disability assessments
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Honors and Awards

- Mentor of the Year, American Medical Women's Association (2022)
 - David T. Lowenthal Founders Award for Excellence in Geriatric Research, Florida Geriatrics Society (2017)
 - Early Career Award, American College of Physicians (2016)
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Professional Affiliations

- Member, ACP Wellness and Professional Fulfillment National Committee (2022–2023)
 - Fellow, American College of Physicians (2021)
 - Member, American Medical Women's Association (2020-)
 - Member, Academic Physician Section, AMA (2020–2021)
 - Member, Health, Education, and Public Policy Committee, FMA (2019–2020)
 - Member, Southern Group on Educational Affairs (SGEA), AAMC (2018–2020)
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Languages

- English (Fluent)
 - Spanish (Fluent)
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Books & Publications

Selected Books

- The 3G Cycle of Life: The Secrets for Achieving Joy, Meaning, and Wellbeing (2023)
- The 3G Cycle Quest: The Epic Adventure of the 3G Explorers (2023)
- Latinas100: Leaving our Legacy & Inspiring the Next Generation, Volume 3 USA (2023)

Selected Medical Research Articles

- Zylberglait, Miriam. "Physician Suicide: Where Are the Leaders?" *KevinMD.com* (2021)
- Zylberglait, M., and Furman, Y. "Take Back the Power and Joy of Being a Doctor" *KevinMD.com*
- Zylberglait, M. "The Longest Two Weeks" *Opmed Doximity* (2020)
- Zylberglait, M. "COVID-19 Through the Eyes of My Kids" *KevinMD.com* (2020)

- Shannon, D.W., Obaed, N., John, D., Cervantes, C.E., Zylberglait, M. "Sexism in Medicine: Alive and Well or a Dying Breed?" *KevinMD.com* (2021)
 - Zylberglait, M., Correa, R. "COVID-19 Vaccination: The Latinx Experience" *KevinMD.com* (2022)
 - Pedraza, L., Villela, R., Kamatgi, V., Cocuzzo, K., Correa, R., Zylberglait Lisigurski, M. "The Impact of COVID-19 in the Latinx Community" *HCA Healthcare Journal of Medicine* (2022)
 - Zylberglait, M., et al. "Physicians' Emotional Intelligence: Improving Performance While Reducing Burnout" *HCA Healthcare Journal of Medicine* (2021)
 - Zylberglait, M., et al. "Rosai-Dorfman Disease and Unusual Local Invasive Presentation" *Cureus* (2020)
 - Almanzar, A., Cabrera, A., Jafri, A., Vazquez, H., Hernandez, F., Perez, C., Zylberglait, M., Ferrer, G. "Implications of Frailty in COPD Exacerbations" *CHEST* (2019)
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References

Dr. Rachel Vallejo: rvallejomd@gmail.com

Dr. Clara Alvarez: drclara.alvarez@gmail.com