



Seema Patel, MD, MPH Medical Director



Dr. Seema Patel is a board certified Family Medicine Physician, whose interest in Corporate Wellness began with the opening of her medical spa and wellness center. In this center, she worked individually with executives and middle management about how to achieve Optimal Health using the synergy of exercise, nutrition, stress management and hormone optimization. Her comprehensive full day evaluations become a life changing event for her clients. Through these interactions the importance of implementing this at the corporate level and permitting all employees to engage in health became evident.

Dr. Patel believes strongly in Corporate Wellness. The focus is on a proactive approach to keeping employees feeling their best rather than the traditional medical approach which is "fix it when it's broken". Furthermore, the employee's productivity and attitude affect the corporation's bottom line through absenteeism, increased health care cost, and lost productivity. Unfortunately, most employees will never have the extensive individual counseling offered in the wellness program for executives nor do they have the opportunity to learn about wellness. However, if offered in the work place, they can learn about the synergy of nutrition, supplements, and exercise in maintaining optimal health and preventing disease formation. This will improve their health as well as their family's health. Concurrently, the employer benefits due to the employee's improved productivity, reduced health care cost and absenteeism, as well as improvement in attitude and retention.

Dr. Patel's public health background provides her fundamental understanding of population health. It is through the improvements in population health that leads to better outcomes for all people. Most employees will spend more time at work than any other place. What they learn at work, can profoundly affect their life and their family's well-being. As our population becomes older and heavier, each Employer is burdened to care for employees that are more ill than well. Empowering employees with the knowledge and awareness of how to improve their health will benefit everyone in the long run.

Dr. Patel grew up in Ann Arbor, Michigan. She received her Bachelors in Art in Economics at the University of Michigan. She completed her medical degree at The Ohio State University, College of Medicine. After completing residency training in Family Medicine from the University of Illinois, she was actively involved with training medical students and residents about preventative medicine and chronic disease at Cook County Hospital in Chicago. In 2001, she relocated to Philadelphia to be with her husband, Dr. Lee Kirksey, who is a vascular surgeon. While in private practice, Dr Patel obtained a Master's degree in Public Health at the University of Michigan's prestigious School of Public Health specializing in policy based behavior/health modification, preventative health care and women's health. Dr. Patel opened her own center for Age Management Medicine and Cosmetic Medicine in early 2005. For hobbies, she travels, roller-blades, and is an avid runner. She has completed both the NYC and Chicago Marathon.