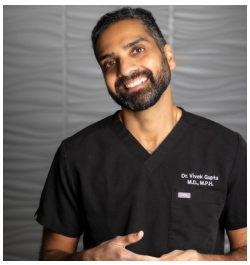
VIVEK GUPTA, M.D., M.P.H.

Board Certified in Internal Medicine • Board Certified in Obesity Medicine

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PROFESSIONAL SUMMARY



Board-certified internal medicine physician and practicing hospitalist with more than a decade of acute-care experience, including inpatient management, transitions of care, discharge planning, and skilled nursing facility and post-acute care. As a former Optum Director, oversaw skilled nursing facility clinical partnerships, led clinical pods and a staff of physicians, chaired hospital readmissions initiatives, and served as Transitions of Care Champion—providing direct experience with hospital staffing, training, discharge planning, and care-transition standards. Also board certified in Obesity Medicine and currently serves as Chief Operating Officer of a primary care group. Holds active medical licenses in 15 states and is available to provide independent record review, expert opinions, declarations, and deposition and trial testimony on the internal medicine and hospital medicine standard of care.

AREAS OF EXPERTISE

- Internal medicine standard of care
- Skilled nursing facility & post-acute care
- Hospital staffing, training & operations
- Clinical operations & utilization
- Hospital medicine & inpatient care
- Transitions of care & discharge planning
- Readmissions & quality measures
- Obesity medicine & GLP-1 pharmacotherapy

BOARD CERTIFICATION & LICENSURE

- **Internal Medicine** — American Board of Internal Medicine (ABIM), 2013
- **Obesity Medicine** — American Board of Obesity Medicine (ABOM)

Active State Medical Licenses (15):
Arizona, California, Colorado, Florida, Georgia, Illinois, Maryland, North Carolina, New Jersey, Nevada, New York, Oregon, Tennessee, Texas, Washington

CURRENT PROFESSIONAL APPOINTMENTS

Optum — Los Angeles, CA 2013 – Present
Hospitalist Physician

- Inpatient management of complex adult medical conditions in the acute care setting (full-time through 2024; per diem since August 2024).
- Admission evaluation, diagnostic workup, and treatment planning.
- Coordination with consulting specialists and multidisciplinary care teams.
- Discharge planning and transitions of care to skilled nursing facilities and outpatient settings.
- Participation in peer review, quality improvement, and hospital compliance initiatives.

Gupta Medical Center & Ramona Medical Clinic — San Jacinto, CA 08/2024 – Present
Chief Operating Officer

- Oversight of primary care clinical operations, staffing, and value-based care quality measures.
- Supervision of physicians and clinical staff; development and enforcement of standard operating procedures.

- Implementation and upgrade of EMR systems, telehealth, and patient-engagement technology.
- Monitoring of quality measures and payer compliance standards.

Mindful Wellness — Manhattan Beach, CA 2020 – Present
CEO & Founder

- Founded and scaled a multi-state medical practice; grew from solo practice to a team of 10 serving 1,500+ patients across two offices.
- Development and oversight of clinical treatment protocols; supervision of physicians and advanced practice providers.
- Review of clinical documentation and quality assurance processes.

PRIOR PROFESSIONAL EXPERIENCE

Optum — Los Angeles, CA 2016 – 2022
Director — SNF Care Lead, PT Pod Lead, PCP Pod Lead

- Directed skilled nursing facility clinical partnerships and managed a staff of 10 physicians, optimizing patient outcomes and bed-day utilization.
- Led the Manhattan Beach primary care clinic and outpatient physical therapy clinical pods, overseeing daily operations, staffing, and care coordination.
- Chaired the Readmissions Committee and served as Transitions of Care Champion across inpatient and post-acute settings.
- Served as Employee Health Lead, directing COVID-19 infection-control measures, staff training, and workforce safety.

ProAm Sports Medicine — Las Vegas, NV 03/2025 – 08/2025
Medical Director

- Directed development of clinical protocols and treatment pathways.
- Oversaw regulatory compliance and documentation standards.

Gupta Medical Center & Ramona Medical Clinic — San Jacinto, CA 12/2013 – 11/2014
Primary Care Physician

- Outpatient primary care management of adult patients.
- Evaluation and management of acute and chronic medical conditions; medication management and care coordination.

Harbor-UCLA Medical Center — Los Angeles, CA 07/2013 – 07/2014
Hospitalist, Per Diem

- Inpatient medical management of adult patients.
- Admission evaluation and treatment planning; discharge planning and transitions of care.
- Coordination with specialty and multidisciplinary teams.

PUBLICATIONS

1. Christensen SM, Varney C, **Gupta V**, Wenz L, Bays HE. Stress, psychiatric disease, and obesity: An Obesity Medicine Association (OMA) Clinical Practice Statement (CPS) 2022. *Obesity Pillars.* 2022;4:100041.
   Peer-reviewed; co-author (third of five authors).

TEACHING, SPEAKING & INVITED PRESENTATIONS

1. **Novo Nordisk Speaker Bureau — Obesity & Weight Management** National — 2022 – Present
   Deliver scientific and educational presentations on obesity and weight management for healthcare professionals nationwide (15+ presentations).
2. **NPACE Pharmacology & Primary Care Conference** Dana Point, CA — 11/2024
   Presented: “Wegovy® and Cardiovascular Outcomes (MACE).”

3. **Southern California Chapter, American College of Surgeons** Santa Barbara, CA — 01/2024
   Lecture: “Anti-Obesity Medications and Integration into Bariatric Surgery Practice.”
4. **FDA Front-of-Package Labeling Roundtable** U.S. FDA (CFSAN) — 12/2023
   Invited participant in FDA-hosted expert roundtable on front-of-package nutrition labeling policy.

PROFESSIONAL AFFILIATIONS

- Obesity Medicine Association (2017 – Present); Public Outreach Committee (2023 – Present)
- California Medical Association — LACMA Delegate (2025 – Present)
- Los Angeles County Medical Association, Obesity Medicine Committee (2023 – Present)
- American Heart Association, Leaders of Impact (September – December 2024)
- University of California, San Francisco Champion Provider Fellowship (July 2025 – Present)

ADDITIONAL CERTIFICATIONS

- Mindful Eating Certified Instructor — Mindful Eating Training Institute (2021)
- Mindfulness-Based Stress Reduction (MBSR) Certified Teacher — University of California, San Diego (2023)

EDUCATION & POSTGRADUATE TRAINING

Harbor-UCLA Medical Center Los Angeles, CA — 2010 – 2013
Residency, Internal Medicine

New York Medical College Valhalla, NY — 2005 – 2009
Doctor of Medicine (M.D.)

University of Southern California Los Angeles, CA — 2009 – 2010
Master of Public Health (M.P.H.), Global Health focus

University of California, Los Angeles Los Angeles, CA — 2001 – 2005
Bachelor of Arts in History (cum laude)