

# Janet Bruno, MD

Dr. Janet Bruno has dedicated her entire life to empowering individuals to get healthy, stay healthy, and live meaningful lives. Above all, she strives to be a role model to those she serves.

Dr. Bruno provides a variety of consulting services to businesses and physicians who desire to improve their wellness programs. Prior to that, she served as Regional Medical Director for OptumHealth, a division of UnitedHealth Group. In this role, she oversaw operational delivery of disease and wellness solutions to over 5.5 million Americans. She actively participated in sales of the company's services, often contributing heavily to the successful closing of million dollar contracts. She regularly delivered presentations across the country, as well as providing frequent instructional webinars and podcasts.

She is a dedicated life-long student, ambitiously pursuing professional and personal excellence. Her formal education involves a bachelor's degree in premed and business, a masters in international affairs and economics, a medical degree, and post graduate training in surgery, family medicine and aerospace medicine. She became board certified in family medicine. She participates in ongoing business and marketing training programs and masterminds, with an emphasis on technology. She has a keen interest in the international arena, as illustrated by her involvement in several medical missions and research projects in regions around the world. Over the years, she has achieved varying levels of fluency in six languages.

Her clinical medical career involved working as an Air Force flight surgeon, serving in several locum tenens positions, working in a concierge practice, medical mission trips globally, and leading as medical director over a 3-facility county jail program in southern California.

Her unwavering personal commitment and dedication to make a positive contribution is matched only by her infectious passion and enthusiasm.