



**Dr. Regan Stiegmann** is an internationally recognized physician leader in Lifestyle and Performance Medicine, a Fulbright Scholar, and a transformational catalyst advancing the science, evidence-based practice, and culture of contemporary healthcare delivery.

Dr. Stiegmann is a double board-certified former military flight surgeon and Lifestyle & Performance Medicine subject matter expert who honorably served in the US Air Force from 2011-2022. She completed her Preventive Medicine residency training at the Uniformed Services University at Walter Reed with a specialized focus in Lifestyle Medicine (referred to in the military as Lifestyle & Performance Medicine). Dr. Stiegmann is passionate about human performance optimization, positive psychology, and health promotion. Working to pioneer a combat-ready force that is not merely ready to deploy, but rather optimized to deploy, she launched the Lifestyle & Performance Medicine movement within the Department of Defense in 2015. As a combat Veteran, Dr. Stiegmann remains devoutly committed to advocating and enacting sustainable and practical change in re-vectoring health, wellness, and readiness on behalf of her active uniformed military family. She is actively building the Department of Defense's first Lifestyle & Performance Medicine digital health solution. This cutting-edge platform enables Warfighters to more effectively sustain long-term health and performance optimization through targeted engagement with personalized health and lifestyle metrics as well as tactical AI-driven coaching and strategic nudging to help refine and improve daily habits over time.

Since 2012, Dr. Stiegmann has proudly served in many leadership roles in a variety of nationally and internationally recognized medical platforms such as the American College of Preventive Medicine and the American College of Lifestyle Medicine. She is also affiliated with numerous medical colleges and healthcare entities where she is collaboratively integrating and launching the Lifestyle Medicine movement within the next

generation of health professionals. She has extensive experience in senior advisory positions ranging from Chief Medical Officer to Vice President of Medical Affairs within various digital therapeutic and tech startup companies ([www.LPMLAB.com](http://www.LPMLAB.com)).

From local grassroots movements to enterprise-level institutional change, Dr. Stiegmann has become one of the world's leading experts in human performance optimization, military readiness, and Lifestyle & Performance Medicine in the context of military strategy and tactical application. Additionally, she is proud to serve as the Director of Digital Health and as an Associate Professor of Preventive Medicine and Lifestyle Medicine at Rocky Vista University College of Osteopathic Medicine. In 2023, she accepted a position as the Director of Lifestyle & Performance Medicine and teaching faculty with the Medical Center of Aurora's HCA-HealthONE Family Medicine Residency Program.

She currently serves in multiple executive and advisory roles across digital health, academic, medical, and human performance ecosystems. From educating medical students and family medicine residents to driving strategic innovations in health technology and health systems as a Chief Medical Officer, she cultivates a unique blend of clinical expertise and visionary leadership. Double board-certified in Preventive Medicine and Lifestyle Medicine, Dr. Stiegmann is passionately leading the charge to revolutionize and revector healthcare toward a more human-centered experience for all.

Throughout her dynamic career, she has been a catalyst for enterprise-level transformation, delivering bold thought leadership and pragmatic innovation that transcend traditional boundaries in medicine, well-being, and performance. Her influence is deeply embedded across nearly every sector—public, private, military, civilian, and industry—where she has sparked meaningful change and helped integrate transformative models into systems at scale.

With a rare ability to bridge vision and execution, Dr. Stiegmann is reshaping the systems that define how health is taught, accessed, and sustained—redefining what is possible in the future of care while restoring the humanistic art of medicine at its most meaningful level.

As a passionate and unmistakably energizing presence, she inspires individuals and institutions to reimagine what is possible in health and healing—infusing her work with a contagious *joie de vivre* that radiates vibrant energy, authentic connection, and unwavering optimism.