

Rachel M Roth, MD

Doctor. *Family Medicine. Global Health, Wilderness Med, Mental Health.*
CEO. *Physicians United, Healix Health. Refugee mental health care.*

Abbreviated CV for public

Contact:
DrRoth@physunited.com

EXPERIENCE

HEAL Project, USA (National) — Medical Director

08/2022 - PRESENT

Leads grant-funded clinical intervention providing mental health care to recently resettled Afghan refugees in the US. (through Healix Health)

Physicians United, USA (National) — Founder, CEO

04/2021 - PRESENT

Founder and CEO of a nationwide telemedicine company which connects patients directly with independent physicians. Aka Healix Health.

Brightside Health, USA (NY, FL, WA) — Physician

05/2019 - PRESENT

Tele-psychiatric assessment and prescribing in mental health startup.

Tel Aviv University School of Medicine, Israel — Director Clinical Reasoning Course

03/2019 - 03/2021

Directs and teaches Clinical Reasoning for second year medical students.

Refugee Health Clinic, Israel — Physician

02/2019 - 04/2020

Physician in urgent care for the refugee population, Israel.

Tel Aviv Doctor, Israel — Physician

02/2019 - 04/2020

Physician family medicine treating diplomats, expats, tourists.

Family Practice, USA and Israel — Physician

07/2015 - 01/2016 (USA) and 10/2018-10/2020 (Israel)

Doctor in a large health system Everett Clinic in WA, USA. Private practice clinic in Israel. Providing pediatrics, adult medicine, women's health and obstetrics, mental health, etc.

International Capacity-Building Projects, Peru and Guatemala — Project Lead

07/2008 - 01/2011 (Peru) and 12/2013 (Guatemala)

Clinic and medical education program development in rural communities.

SKILLS

Full-scope family
medicine

Telehealth

Mental health care

Global health intervention

Entrepreneurship

LICENSES

Israeli Medical License

US Physician and Surgeon
License

WA State

NY State

FL State

NPI & DEA

Family Practice Board

Diplomat of the American
Board Family Practice

LANGUAGES

English (Native)

Hebrew (Advanced)

EDUCATION

Family Practice Specialization, Washington, USA — *Family Practice Specialty*

06/2011 - 06/2014

Full-spectrum family medicine residency at Swedish First Hill Hospital. Global Health Leadership and Wilderness Medicine concentrations

Special experience: Mental health, Integrative medicine
Clinic Chief Resident: Swedish Medical Home Clinic, Washington

Doctor of Medicine (M.D.) with Special Qualifications in Biomedical Research, Cleveland Clinic, USA — *M.D.*

06/2006 - 05/2011

Cleveland Clinic Lerner College of Medicine at Case Western Reserve University, Cleveland Ohio, USA

Research Fellowship, Sarnoff Cardiovascular Research Foundation, USA

06/2010 - 06/2011

Published personalized medicine prediction tool for best management of type 2 diabetes in primary care

Bachelor of Science (B.S.) University of Michigan, USA

Major: Philosophy and the Pre-medical sciences. Minor: Biology.

PUBLICATIONS & PRESENTATIONS

Global and Public Health

- Establishment of a mental health intervention for Afghan Refugees in the United States. In development - 2024.
- Scientific communications around COVID19 pandemic. 2020. Recurring column in Times Of Israel online.
- Why we should vaccinate early for measles. J Fam Pract. 2019 May;68(4):193-194
- Diagnosis and Management of Latent Tuberculosis in the Primary Care Setting, Seattle WA 2014
- Patient Hand-offs: Improving the Sign-out System. Swedish First Hill, Seattle WA, 2012
- Establishment of a Successful International Rotation, the Lamay Clinic Project. How Institutions Can Foster Medical Volunteerism, Medical Volunteerism Conference, Emory University, 2010

Autoimmunity and Infectious Disease

- Licking the Problem of Recurrent Abscesses: The Etiology of Eikenella Infections, Society of General Internal Medicine, FL 2009
- Bicarbonate kinetics and predicted energy expenditure in critically ill children. The American Journal of Clinical Nutrition, 2008 (PMID: 18689369)
- A New Treatment Regimen for the Recipients of Cytomegalovirus-Infected Organs, American College of Physicians, American College of Physicians Annual Abstract Poster Competition (first place award), OH 2008

CLINICAL SKILLS

Outpatient (clinic) all ages

Inpatient (hospital) Medicine (Adult & Pediatric)

Psychiatry/Psychology

Obstetrics/Gynecology

Basic Acute Trauma Care

Palliative care

Integrative medicine

Academic medicine & Teaching

CERTIFICATIONS

Psychological first aid

COVID-19 Contact Tracing

Basic Lifesaving Course (BLS)

Advanced Cardiovascular Life Support (ACLS)

Pediatric Advanced Life Support (PALS)

Advanced Wilderness Life Support (AWLS)

Neonatal Resuscitation Program Certification (NRP)

Advanced Life Support in Obstetrics (ALSO)

- Prophylactic Plus Preemptive Therapy in D+/R- Solid Organ Transplant Recipients to Decrease Incidence of Cytomegalovirus-Related Morbidity and Ganciclovir Resistance. Annual Scientific Expo, Cleveland OH 2007
- Conditioning Tumor-Competent Dendritic Cells with Flt3L + IL6. CCLCM Annual Scientific Exposition, Cleveland OH 2006
- Hypomethylation of X-Chromosome Genes in Systemic Lupus Erythematosus, Dept of Immunology, University of Michigan 2005
- Arginine and Nitric Oxide Metabolism in Septic Children. Pediatric Intensive Care, Boston Children's Hospital 2004
- Serial ANCA titers: Useful tool for prevention of relapses in ANCA-associated Vasculitis. Kidney International, 2003 (PMID: 12631091)

Mental Health

- Presentation of Mental Health Complaints in an Afghan Refugee population in the United States – in development, 2024.
- Physician Burnout, Scope and Treatment, WA, 2014
- Diagnosis and Treatment of Depression, Bipolar, and PTSD in Primary Care. Seattle WA, 2013