

Dr. Michele Y. Griffith

Dr. Michele Y. Griffith is a practicing physician specializing in Internal Medicine and Integrative Medicine at the TIAA Living Well, Health and Wellness Center in Charlotte, North Carolina. She has been a Medical Director for Premise Health for the last decade. She is also founder and president of 21stMD.com, the virtual component of A Doctor in the House, PLLC, and platform for health advocacy, wellness consulting and telemedicine patient care.

Premise Health is a leading worksite healthcare company in the United States. Its worksite health model is designed to achieve better patient engagement through the delivery of quality healthcare and wellness programs that sustainably improve health outcomes of worksite and distributed workforces. Premise Health operates over 500 onsite health centers, pharmacies and fitness centers in 46 states and 2 U.S. territories.

Combining her roles at Premise Health with her love of technology, Dr. Griffith is currently exploring the use of telemedicine as a tool to expand delivery of integrative primary care. The occupational setting is a natural access point to reach a large percentage of working Americans. Nearly 30% of companies with more than 5,000 employees have onsite or near site clinics offering some type of primary care.

“The confluence of integrative medicine, large employer onsite clinics and telemedicine is a natural one”, Dr. Griffith explains. She believes the synergistic potential of increased access, improved outcomes and cost savings is substantial.

Dr. Griffith has extensive experience as a primary care physician. 21stMD.com was launched to promote and advocate for the expanded use of technology and telemedicine as a mechanism to enhance access to high quality healthcare for the unserved and underserved globally.

Dr. Griffith is board certified in Internal Medicine and Integrative Medicine. A graduate of Columbia University College of Physicians and Surgeons, Dr. Griffith completed her Internal Medicine residency at Harvard Medical School/Mount Auburn Hospital. She completed her undergraduate studies at the University of Pennsylvania.