



Dr. Dyan Hes

Chief Medical Officer
eMed
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Dr. Dyan Hes serves as Chief Medical Officer of eMed, where she oversees clinical strategy and ensures the delivery of evidence-based, best-in-class GLP-1 care. She analyzes outcomes across the weight-management journey and translates real-world clinical insights into strategies that improve members' long-term health.

With more than 25 years of experience, Dr. Hes is a pediatrician, emergency physician, and nationally recognized obesity medicine specialist. In 2011, she was appointed to the inaugural Board of Directors of the American Board of Obesity Medicine, serving for eight years and helping shape the specialty. She was also among the earliest physicians to incorporate GLP-1 receptor agonists into clinical practice.

Dr. Hes has been recognized by Castle Connolly and New York Magazine as one of New York's Top Doctors and received the Exceptional Women in Medicine award. A trusted national medical correspondent, she is known for translating complex science into clear, credible guidance.