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Dr. Kalaichandran has given talks at Stanford University, Happify, and South by Southwest, while also regularly contributing to The New York Times (Well, Opinion, and Styles sections) on topics that deal with medical education, health, and wellness. Her writing also has been featured in a range of national and international publications, including Wired, Washington Post, New York Magazine, Discover Magazine, Los Angeles Times, The Boston Globe, The Atlantic, The Atavist (optioned for film), The Walrus (Canada), The Globe and Mail (Canada), and New Scientist (U.K.). She earned her doctor of medicine (M.D.) degree from the University of Toronto and completed a fellowship in integrative medicine through the University of Arizona. In addition, Dr. Kalaichandran completed psychotherapy training through the Medical Psychotherapy Association of Canada, wellness/lifestyle coaching through York University, a journalism fellowship at the University of Toronto, and a master's certificate in health care management from the Schulich School of Business. Dr. Kalaichandran has been a mentor for the OpEd Project, which aims to uplift under-represented expert/academic voices—largely women and people of color—in the media via op-eds. She has served on the advisory boards of Artists Becoming, which strives to improve the well-being of performing artists in New York City, and the Close the Gap Foundation, which pairs first-generation, low-income, immigrant high school students with mentors to guide them through the college application process and job market. Currently, Dr. Kalaichandran consults in health tech, for companies working on improving health span and longevity. She has served as a consultant for the X (formerly Twitter) Health Design Team and served on their health advisory board. She lives in New York City.