



theBespoke\Dr.ElaineChin

MEET YOUR WELLNESS CATALYST

Embark on a transformative wellness journey with Dr. Elaine Chin, MD, MBA – your dedicated partner in shifting from languishing to thriving. Driven by a profound mission, Elaine has committed her life's work to combating predictable and preventable illnesses.

WATCH BIOGRAPHY VIDEO 

PIONEERING WELLNESS EXPERT

As a leading medical expert, Dr. Elaine Chin is a trailblazer in personalized medicine, integrative health, and corporate wellness, aiming to bring science, safety, and rigor to the wellness space.

CORPORATE WELLNESS

As a physician with an MBA, Dr. Elaine Chin offers a unique corporate wellness solution. She helps organizations "know their numbers" by analyzing health spending gaps and providing personalized solutions through employee lab work, lifestyle monitoring, and coaching. This data-driven approach reduces absenteeism and presenteeism, ultimately delivering measurable ROI through improved employee performance and reduced healthcare costs.

BESTSELLING AUTHOR & MEDIA PERSONALITY

Elaine is a bestselling author, social media influencer, and wellness thought leader. Catch her insights on CP24 Toronto and CTV Your Morning, shaping the conversation on holistic well-being.

GLOBAL IMPACT

As the former Chief Wellness Officer at TELUS Communications, Dr. Elaine Chin has made waves in the corporate wellness arena, leaving an indelible mark on organizations worldwide.

FOUNDER OF THE BESPOKE WELLNESS GROUP

Nestled in Toronto's renowned Yorkville district, The Bespoke Wellness Group redefines wellness by blending cutting-edge regenerative medicine, precision health insights, whole-body care, and advanced medical aesthetics. Led by Dr. Elaine Chin, a globally recognized pioneer in breakthrough approaches, we offer custom-tailored treatments that elevate health and vitality. Our science-backed therapies and transformative wellness solutions help you live young, for a lifetime of health.

ABOUT HER BOOKS


Dive into Dr. Elaine's groundbreaking books, each a beacon of knowledge. From the award-winning "Welcome Back!" to "Lifelines" and her latest, "The Pandemic and its Consequences. We Are Not Okay" – each publication is a guide to a healthier, more vibrant life.


EDUCATIONAL JOURNEY

Dr. Elaine Chin received her medical degree from the esteemed Temerty Faculty of Medicine at the University of Toronto in 1988. With a surgical internship at the Toronto General Hospital and an MBA from the Rotman School of Management in 1994, she seamlessly blends medical expertise with business acumen.

 thetigerdoctor

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 Elaine Chin, M.D., M.B.A.

 bespokewellness.group

BOOK DR. ELAINE CHIN

Inspire your audience to embrace a healthier, more resilient future with Dr. Chin's transformative insights.

