


Meet Dr. Elaine Chin

Physician & Longevity Expert | 30+ Years Experience

Founder of **theBespokeWellnessGroup™**

WATCH BIOGRAPHY VIDEO 



LONGEVITY PHYSICIAN & TRUSTED HEALTH STRATEGIST

Dr. Elaine Chin, MD, MBA, is both a physician and business strategist, uniquely bridging the worlds of medicine and corporate leadership. A bestselling author and recognized longevity expert, she has spent more than 30 years pioneering precision health, corporate wellness, and regenerative medicine.

Through her **Yorkville-based clinic, The Bespoke Wellness Group**, Dr. Chin and her team deliver deeply personalized care. Their programs integrate advanced diagnostics, hormone and nutrient optimization, regenerative therapies, and medical aesthetics, empowering clients to restore energy, improve confidence, and extend longevity. Whether it's addressing fatigue, hormonal shifts, or age-related changes in skin and metabolism, Bespoke offers **science-backed solutions from the inside out**.

Dr. Chin is also the creator of **Health-in-a-Box™**, a corporate wellness platform designed to improve employee metabolic health and productivity. By identifying health risks early and providing personalized interventions, organizations can reduce absenteeism and presenteeism, lower healthcare costs, and achieve measurable ROI.

MEDIA & THOUGHT LEADERSHIP

Dr. Chin is a trusted media voice featured on **CP24 Toronto, CTV Your Morning, CBC**, and in **The Globe and Mail**. She regularly advises executives, organizations, and the public on how science-based wellness translates into healthspan, leadership, and peak performance.


BOOKS & FORTHCOMING WORK

A **bestselling author**, Dr. Chin has written *Welcome Back!* and *Lifelines: Unlock the Secrets of your Telomeres*, and co-authored *We Are Not Okay: The Pandemic and its Consequences*. She is currently working on her fourth book with Jane Franciso, former Editor-in-Chief of *Good Housekeeping*, which will offer practical strategies for achieving energy, clarity, and confidence through precision health and lifestyle design.

EDUCATION

Dr. Chin received her medical degree from the **Temerty Faculty of Medicine, University of Toronto**, in 1988, followed by a surgical internship at Toronto General Hospital. She earned her MBA from the **Rotman School of Management, University of Toronto**, in 1994, blending medical expertise with business strategy to pioneer a new model of health leadership.

 elainechin.md

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

 @AbsoluteWellness_Bespoke

 drelainechin.com

 bespokewellness.group

WORK WITH DR. ELAINE CHIN

Whether you are an **individual** seeking longevity and vitality, or an **organization** aiming to improve health and performance outcomes, Dr. Chin offers science-backed solutions tailored to your unique needs.

CONTACT DR. CHIN 