



Z. Colette Edwards, M.D., M.B.A.

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Z. Colette Edwards is currently the founder and chief medical officer of pausitive health, an inclusive, holistic, digital health offering for women+ who are on the menopause journey. The program is currently in beta. Dr. Edwards is also the managing editor of the *Wharton Healthcare Quarterly* and the chief medical advisor for blog and app content for BetterMe. She is the author of *Be Less Stressed* and a McGraw-Hill GI text as well as a co-author of *Navigating Your Healthcare Journey: Lessons Learned to Get the Care You Need and Deserve*. Finally, Colette is a member of the board of two nonprofits, Bread for the City and TD1 Exchange. Colette has been active in most segments of the healthcare arena, including, first and foremost, as a practicing gastroenterologist. She has leveraged additional training in health and wellness coaching at the Maryland University of Integrative Health and in health equity as a member of the NIH Scholars Program in translational health disparities. Dr. Edwards received a B.A. degree from Harvard University, an M.D. degree from the Perelman School of Medicine at the University of Pennsylvania, and an M.B.A. degree from the Wharton School. She completed her GI fellowship training at the University of California, San Francisco.