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Dr. Safeer is the chief medical director of employee health and well-being at Johns Hopkins Medicine. He also holds faculty appointments in the Schools of Medicine and Public Health. He completed his B.S. degree in nutrition at Cornell University and his medical degree from the State University of New York at Buffalo. He is board certified in family medicine, lifestyle medicine and clinical lipidology. He's a fellow in three medical colleges. He also earned a faculty development fellowship from VCU. Prior to Johns Hopkins Medicine, Dr. Safeer was a practicing family doctor as well as a faculty member and residency program director at The George Washington University. He was the medical director of an occupational health center and the wellness director for the Mid-Atlantic region of Concentra, just before starting at CareFirst BlueCross BlueShield as the medical director of preventive medicine. Dr. Safeer holds a faculty appointment at the American University, and he is the author of *A Cure for the Common Company*.