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Gretchen Zimmermann is a registered dietitian, certified diabetes care and education specialist, obesity and weight management expert, and senior director of cardiometabolic care and prescribing at Vida Health. As head of a national diabetes program and clinical strategist for an integrated digital health solution focusing on cardiometabolic conditions, Zimmermann has led the development and growth of key clinical verticals and cardiometabolic programs, using evidence-based medicine and clinical interventions to inform best-in-class clinical care. She has over 15 years of experience in health care and has specialized in bariatric nutrition, weight management and diabetes in various inpatient and outpatient settings. Zimmermann is especially interested in the intersection of physical health and mental health, particularly related to patients with diabetes and other chronic conditions. She has written and published on various topics, including diabetes digital health interventions, clinical outcomes, and nutrition for weight loss and diabetes. Zimmermann has appeared in media such as *Shape*, HuffPost, MSN, Behavioral Health Tech, HealthTech HotSpot, Eating Well and Eat This, Not That.