

Lauralee Yalden, MD, FAAFP: A Trailblazer in Telemedicine and Family Care

From Exam Rooms to Online Consults: The Vision Behind Dr. Y Consults



New York City, New York Jun 5, 2025 ([Issuewire.com](https://www.issuewire.com)) - Englewood, New Jersey – In a rapidly evolving healthcare landscape, Lauralee Yalden, MD, FAAFP, stands out as a dedicated board-certified family medicine physician specializing in Primary Care via telemedicine for over twelve years. Dr. Yalden is available for patients seeking clinical healthcare from the comfort of their homes in thirty-eight states.

While many physicians still believe that all patient care must be done in person, Dr. Yalden wanted to be part of a new frontier and embrace innovative technology early. By expanding the reach of her family practice, she aims to improve patient access to healthcare in a convenient, equitable, safe, and affordable manner. This allows her to practice medicine and wellness creating a better work-life flow and balance for herself and her patients.

Dr. Yalden earned her Bachelor of Science Degree with General Academic Honors from the University of Miami, followed by her Doctor of Medicine Degree from Ross University School of Medicine in Dominica, West Indies. She then completed her internship and Residency Program at UHS/Wilson Regional Medical Center in the Department of Family Medicine. She completed additional training and is board-eligible in Hospice and Palliative Care.

With a solid foundation in family medicine, Dr. Yalden has been a staunch advocate for telehealth for several years, participating in research, beta testing new products and systems, delivering numerous lectures, presentations, and publications on the subject. “I’ve been taking call from home since my medical internship; it’s something family medicine doctors are well-trained to do. The addition of video technology enhances communication, allowing me to better understand my patients’ concerns through both verbal and non-verbal cues, making it an invaluable diagnostic tool. Patients appreciate being able to connect with a physician within minutes from wherever they are—whether at work, home, or even on vacation,” she explained. “I would like my patients to feel welcome, at home and at ease, like they have finally found their doc on the virtual block,” she then added.

Dr. Yalden holds several professional affiliations, including being a Diplomate of the American Board of Family Medicine and a Fellow of the American Academy of Family Physicians (FAAFP). She is also the Founder and past Chair of the AAFP Telehealth Member Interest Group (MIG), reflecting her commitment to advancing telehealth in family medicine.

Over the years, telehealth has undergone significant transformations, especially accelerated by the COVID-19 pandemic, which showcased its versatility as a healthcare delivery method. Dr. Dr. Yalden believes that telehealth is now a crucial component of the medical field, one that will shape its future for generations to come. “I definitely think telehealth is here to stay. The healthcare landscape has changed forever, and I don’t see anyone going back to the way things were without incorporating telehealth into their practice,” she asserted.

Outside of her professional pursuits, Dr. Yalden is a devoted working mom who enjoys traveling, exploring new and familiar places, hiking in the national parks, gardening, and cooking gourmet meals for family and friends. She also finds joy in reading, writing, and sketching in her journal, balancing her medical career with her personal passions.

Learn More about Dr. Lauralee Yalden:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/726383-Lauralee-Yalden-Family-Practitioner>

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Source : Dr. Lauralee Yalden

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