

Dr. Rachel Thomas Advances Patient-Centered Internal Medicine in Nashville, TN

Experienced internist delivers compassionate care with a focus on chronic disease management and preventive health



New York City, New York Jul 2, 2025 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Rachel Thomas, MD, is a dedicated internist serving the Nashville, Tennessee, community. With over two decades of experience, Dr.

Thomas provides comprehensive internal medicine services, emphasizing patient-centered care and a holistic approach to health management.

Dr. Thomas graduated from Ross University School of Medicine in 2001 and has since built a robust career in internal medicine. She brings over 24 years of experience in medicine, having built a distinguished career as a hospitalist and faculty member for UT Internal Medicine residents at Nashville General Hospital. Her leadership extended beyond the clinical setting, serving as Regional Medical Director and Medical Director for several major insurance companies. She currently serves as the Market Physician Executive at Monogram Health.

Driven by a deep commitment to improving healthcare delivery, she has led multiple innovative initiatives and founded several companies aimed at transforming care models. Her dedication has earned her numerous accolades, including the prestigious "Record of the Year" award for philanthropy and compassionate care during the COVID-19 pandemic. Recognized globally, she was recently named one of the "Impactful Innovators to Watch in 2025" in the field of medicine and health technology.

Dr. Thomas is actively involved in medical education and community health initiatives. She mentors medical students and residents, fostering the next generation of healthcare professionals. Her dedication extends to community outreach programs aimed at promoting preventive care and health education.

Looking ahead, Dr. Thomas plans to expand her impact through telemedicine services, allowing her to reach patients in underserved areas and provide continuous care. Her commitment to

Excellence and patient advocacy underscore her mission to improve health outcomes and quality of life for all her patients.

Learn More about Dr. Rachel Thomas:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/1920355-Rachel-Thomas-Internist>

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Source : Dr. Rachel Thomas

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