

Transforming Healthcare: Dr. Tiffani Bell Washington Expands The Healthy Weigh MD to Deliver Holistic Care Across States

Offering Innovative Virtual Medical Services for Weight Management, Integrative Psychiatry, and Perinatal Mental Health



New York City, New York Jul 7, 2025 ([Issuewire.com](https://www.issuewire.com)) - Tiffani Bell Washington, MD, MPH, MBA, FAPA, FOMA, DABOM, DABLM—an esteemed Quadruple Board-Certified Physician in Adult, Child & Adolescent Psychiatry, Lifestyle Medicine, and Obesity Medicine—is transforming how specialized care

is delivered through her innovative virtual clinic, The Healthy Weigh MD, PLLC. Serving patients across North Carolina, Massachusetts, Georgia, Florida, Tennessee, Alabama, Connecticut, Illinois, Kentucky, Michigan, Wisconsin, Virginia, Oklahoma, and Texas, this Direct Specialty Care (DSC) practice offers personalized, cash-based services that go beyond the traditional model. With a focus on virtual medical weight loss, integrative psychiatry, and perinatal mental health, Dr. Bell Washington combines clinical expertise with compassionate care to support holistic health and lasting well-being—wherever her patients are.

With a mission to guide individuals on their journey toward health, balance, and well-being, The Healthy Weigh MD, PLLC embraces a holistic approach to weight loss and mental health. Dr. Washington emphasizes the interconnectedness of the mind, body, and spirit in her practice and is particularly focused on supporting reproductive-aged women during the critical peripartum and postpartum periods. By addressing underlying issues such as depression, anxiety, and bonding difficulties, she helps mothers navigate these challenging times with confidence and ease.

“Obesity is a disease that requires a multifaceted approach,” Dr. Washington states. “At The Healthy Weigh MD, we provide comprehensive evaluations to uncover the underlying causes of obesity and overweight. My goal is to work collaboratively with each patient to develop a tailored treatment plan that meets their unique needs.”

Dr. Washington’s integrative approach includes a thorough review of patients’ medication regimens, where she collaborates with primary care physicians to suggest alternative treatments that may have a more favorable impact on weight and overall health. This commitment to comprehensive care ensures that every aspect of a patient’s well-being is considered during treatment.

Dr. Washington’s impressive academic background includes a Bachelor of Science from Norfolk State University, a Medical Degree from the Medical College of Virginia, and both a Master of Public Health (MPH) and an MBA from Harvard University. Her dedication to addressing health disparities in minority populations stems from personal experiences, having lost several family members to preventable diseases at a young age.

In addition to her clinical practice, Dr. Washington holds leadership positions in several national organizations. She is currently a Delegate in the American Medical Association’s Young Physicians Section, a member of the Steering Committee for the AMA’s Ambassador Leadership Program, and a regional trustee for the Black Psychiatrists of America. Dr. Washington has received numerous accolades throughout her career, including Outstanding Teaching Faculty of the Year and the National Medical Association’s “Top Physician under 40” Emerging Leader Award, recognizing her significant contributions to the field during the COVID-19 pandemic.

As a faculty member at Harvard Medical School and a provider for Massachusetts General Hospital, Dr. Washington utilizes her unique skills to educate and inform audiences on various topics, including obesity, mental health in the black community, and the stigma surrounding mental health and obesity. Her ability to communicate complex topics in an accessible manner has made her a sought-after speaker, engaging diverse audiences ranging from high school students to practicing physicians.

“More than just a physician, I am a community advocate,” Dr. Washington explains. “I aim to dispel stigma and judgment surrounding health issues while inspiring others to pursue their dreams, regardless of their background. I am deeply motivated by the positive impact I can make in the lives of my patients and the communities I serve.”

The Healthy Weigh MD, PLLC is more than a clinic; it is a trusted partner for individuals seeking to improve their health through personalized care. With a focus on weight management, wellness, and integrative psychiatry, Dr. Washington and her team are committed to helping patients achieve their health goals while fostering a supportive and understanding environment.

Learn More about Tiffani Bell Washington:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/28472-Tiffani-Bell-Washington-Psychiatrist> or through The Healthy Weigh MD, PLLC, <https://www.thehealthyweighmd.com/>

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