

## Roshan Daryanani Mahtani, MD: Founder of ApolloniaMed and Leader in Personalized Direct Primary Care

Advancing Patient-Centered, Integrative, and Preventive Healthcare Through Personalized Direct Primary Care and Holistic Wellness



**Wesley Chapel, Florida Jul 2, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Roshan Daryanani Mahtani, MD, is a board-certified family medicine physician and the Founder of ApolloniaMed, a Direct Primary Care practice based in Wesley Chapel, Florida. With more than two decades of experience in comprehensive healthcare, Dr. Mahtani is recognized for her compassionate, patient-centered approach that emphasizes meaningful physician-patient relationships and individualized care. After two decades with Florida Medical Clinic, she established ApolloniaMed to provide a more personalized healthcare experience built on trust, accessibility, and continuity of care.

At ApolloniaMed, Dr. Mahtani combines evidence-based medicine with holistic, functional, and integrative approaches to health. Rather than simply addressing symptoms, she focuses on treating the whole person by considering lifestyle, nutrition, sleep, stress, and long-term wellness. Her practice offers preventive care, acute care, chronic disease management, lifestyle coaching, diet counseling, and longevity-focused treatments, with a particular emphasis on women's health and on empowering patients to take an active role in their well-being.

As a Patient-Centered Medical Home-certified physician, Dr. Mahtani believes that quality healthcare begins with strong relationships. Her practice model allows her to spend more time with each patient, creating comprehensive, individualized treatment plans that address each person's unique health goals and circumstances.

Operating under a Direct Primary Care membership model, ApolloniaMed removes many of the traditional barriers associated with insurance-based medicine. The membership-based model eliminates copays and provides patients with enhanced access through longer appointments, direct communication with their physician, same- or next-business-day appointments when available, and both in-office and telemedicine visits designed to foster continuity of care. Dr. Mahtani cares for patients aged 12 and older while providing ongoing support for a wide range of health concerns, including diabetes, kidney disease, hypertension, and preventive wellness.

Dr. Mahtani is particularly passionate about helping patients improve their health through sustainable lifestyle changes. She works closely with individuals to optimize nutrition, increase energy, improve sleep quality, and reduce risk factors for chronic disease. Her comprehensive approach also addresses stress management, exercise, and other lifestyle factors that play a critical role in overall health and longevity. By combining conventional medical care with integrative therapies when appropriate, she develops treatment strategies designed to promote long-term vitality and healthy aging.

Her philosophy centers on creating a true partnership between physician and patient. The Direct Primary Care model enables her to move beyond brief office visits and instead devote the time necessary to understand each patient's complete health picture. This collaborative approach allows for thoughtful conversations, proactive care, and personalized recommendations that support both immediate medical needs and lifelong wellness. She believes healthcare should be proactive rather than reactive, with physicians serving as trusted partners who help patients prevent disease, optimize wellness, and make informed decisions through education, collaboration, and personalized care.

Dr. Mahtani believes that medicine is most effective when patients feel heard, understood, and empowered. By providing accessible care, comprehensive education, and individualized guidance, she helps patients make informed decisions that support healthier, more fulfilling lives.

Through ApolloniaMed, Dr. Mahtani continues to redefine the patient experience by delivering compassionate, relationship-based healthcare that integrates modern medicine with holistic wellness principles. Her commitment to personalized care, preventive medicine, and patient empowerment is helping individuals and families achieve better health while fostering lasting physician-patient partnerships built on trust, respect, and shared decision-making. By restoring time, accessibility, and meaningful relationships to primary care, Dr. Roshan Daryanani Mahtani is creating a model that allows patients to experience healthcare as it was intended—personal, proactive, and centered on the individual.

**Learn more about Dr. Roshan Daryanani Mahtani:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/roshan-daryamahtani> or through her website, <https://www.apolloniamed.com>

## **America's Best in Medicine**

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

## **Media Contact**

America's Best in Medicine

\*\*\*\*\*@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

Source : Dr. Roshan Daryanani Mahtani

[See on IssueWire](#)