



Avantika Waring MD

Endocrinologist and DABOM, Chief Medical Officer
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Dr. Waring is an endocrinologist with a focus on caring for people living with metabolic conditions. She has worked with patients in a variety of clinical settings for over 15 years and currently serves as the Chief Medical Officer at 9amHealth where she provides seamless virtual care to members living with diabetes, obesity, and other chronic conditions. Her clinical passion is the development of technology-enabled care delivery models that improves quality, access, and equitable outcomes. She is a graduate of the University of Pennsylvania School of Medicine and completed her endocrinology fellowship at the University of California San Francisco. Before joining to 9amHealth, she was the medical director of the Diabetes Management program at Kaiser Permanente in Washington State. She is originally from New Jersey but has lived on the West Coast since 2009 and currently resides in Seattle, Washington. When she's not at work, you can find her on the soccer sidelines cheering on her 3 kids, running and hiking the nearby trails, and skiing the local mountains in winter.