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# Hillary Lin, MD

Stanford-trained physician.  
Longevity medicine pioneer.  
Serial entrepreneur.

CO-FOUNDER & CEO, CARECORE



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## BACKGROUND

Stanford MD · 11 years at  
Stanford  
Board-Certified Internist

## COMPANIES

CareCore  
(current)  
Curio (VC-  
backed)

## MEDIA & REACH

Podcast + Newsletter  
Forbes · Parade · Daily  
Mail

STANFORD MD

BOARD-CERTIFIED INTERNIST

ASPEN HEALTH FELLOW

LONGEVITY MEDICINE

CO-FOUNDER & CEO

## SHORT BIO

Hillary Lin, MD, is a Stanford-trained physician who left a Columbia hematology-oncology fellowship to build companies that bring longevity medicine to the people who need it. She's the Co-Founder and CEO of CareCore, where she's creating the infrastructure for clinical-grade longevity care at scale. She hosts The Longevity Show podcast, writes The Longevity Letter newsletter, and is an Aspen Health Fellow.

## FULL BIO

Born in Taipei and raised between Taiwan and the United States, Hillary Lin spent 11 years at Stanford: BS in neuroscience, MD, internal medicine residency. She matched into a hematology-oncology fellowship at Columbia, a path that would have been easy to follow. She left it to build startups that could reach millions instead of dozens.

The decision wasn't abstract. Her father's heart attack changed the way she thought about prevention. At 35, she discovered her own elevated ApoB, a genetic cardiovascular risk factor invisible to routine screening. Two moments that made the gap between what medicine knows and what patients actually receive feel personal and urgent.

She co-founded Curio, a VC-backed behavioral health platform that brought psychedelic-assisted therapy to five states. Now, as CEO of CareCore, she's building the operating system for longevity medicine: AI-powered infrastructure that lets clinicians, creators, and wellness brands launch compliant storefronts with real physician oversight.

Through The Longevity Show and The Longevity Letter, she translates research into protocols people can actually use. Hillary is an Aspen Health Fellow and advisor to Stanford Alumni Startups NY, Cornell BioVenture eLab, and the Melinda Gates-backed Headstream Accelerator. Her work has been featured in Forbes, Parade, Daily Mail, EatingWell, and Yahoo Health.

She believes the gap between longevity science and everyday practice is the most important problem in medicine. She's closing it.

## MEDIA & CONTENT

 [The Longevity Show](#) — Podcast

 [The Longevity Letter](#) — Newsletter

## AFFILIATIONS

Aspen Health Fellow

Stanford Alumni Startups NY

Cornell BioVenture eLab

Headstream Accelerator



SPEAKING TOPICS

- The Science of Healthspan Extension
- AI-Powered Longevity Medicine
- Physician Entrepreneurship
- Democratizing Preventive Medicine
- The Longevity Economy
- Women's Health & Longevity
- From Rapamycin to GLP-1s: Clinical Frontiers
- Building Health-Tech Startups as a Physician

PODCAST APPEARANCES (12+)

The Health Curve (iHeart Radio) · Off Call Podcast · Precision Medicine Made Simple · Entrepreneur Rx · Noom Vibe · and more

PRESS FEATURES

FORBES    PARADE    DAILY MAIL

EATINGWELL    YAHOO HEALTH

HINDUSTAN TIMES

FINANCIAL EXPRESS

NOTABLE SPEAKING

HLTH 2025

Panelist — "Death Is Optional"

Ageless Evolution Summit 2025

Keynote Speaker

Longevity Global Summit

Panelist — Buck Institute, 2025

Yale Healthcare Hackathon 2025

Keynote Speaker — CBIT

The Future of Being Human

Panelist — Chief Longevity Officers, Sep 2025

Doctors + Disrupters

Moderator — Decoding Longevity Health, Jun 2025

Women's Health Longevity

Panelist — IndieBio/SOSV, Sep 2025

Livelong Women's Health Summit

Speaker — April 2026

AVAILABLE FOR

- Keynote Presentations
- Conference Panels
- Corporate Events
- Podcast Guest Appearances
- Expert Commentary & Quotes

# Let's Work Together

For speaking inquiries, media requests, and partnerships

## DIRECT CONTACT

WEBSITE [hillarylinmd.com](http://hillarylinmd.com)

EMAIL [media@hillarylinmd.com](mailto:media@hillarylinmd.com)

For speaking engagements, media appearances,  
brand partnerships, and advisory inquiries.

## SOCIAL MEDIA

All platforms: [@hillarylinmd](#)

**YOUTUBE**  
[@hillarylinmd](#)

**LINKEDIN**  
[@hillarylinmd](#)

**INSTAGRAM**  
[@hillarylinmd](#)

**TIKTOK**  
[@hillarylinmd](#)

**X (TWITTER)**  
[@hillarylinmd](#)

**FACEBOOK**  
[@hillarylinmd](#)

Ready to bring longevity medicine to your audience?

[media@hillarylinmd.com](mailto:media@hillarylinmd.com)