



Courtney Younglove, MD, FOMA, FACOG, DABOM, is a physician and keynote speaker double board-certified in Obesity Medicine and Obstetrics & Gynecology. A Fellow of the Obesity Medicine Association and member of its Board of Trustees, she brings a women's health lens to modern obesity care in the GLP-1 era. She founded Heartland Weight Loss in Overland Park, Kansas, and co-founded Sleep Fitter, a platform at the intersection of sleep and metabolic health. Her work spans clinic operations, benefits strategy, and executive education.

Courtney's core message is practical: drugs can change appetite, but systems determine outcomes. She helps employers, health plans, and health systems redesign benefits so GLP-1 access sits inside a broader framework that protects muscle, supports health, and measures what matters. Her advisory work covers coverage criteria and step therapy, fraud and waste guardrails, strength and protein protocols, menopause support, and metrics that tie clinical improvement to retention, productivity, and total cost of care.

As a speaker, Courtney translates evidence into decisions leaders can execute. Signature topics include rethinking obesity as a chronic disease in benefit design; GLP-1s in context - ethics, guardrails, and ROI; and women's midlife health as a business strategy. Known for clear explanations and candid Q&A, she equips audiences with checklists, model policies, and implementation playbooks they can use the next day.

Although most of her time is spent speaking, writing, and consulting, Dr. Younglove continues to practice clinical medicine, staying grounded in patient care. Across roles, her aim is consistent: make evidence-based care accessible and affordable without collateral damage, and help people buy health instead of claims. Organizations engage her to brief boards, align clinical and benefits teams, and lead workshops that move from policy to practice - so costs stabilize, talent stays, and health improves.