



AMA INSIGHT NETWORK SUMMIT

Biographies

Insight Network Summit Lead and Associate Lead



David Burmeister, DO, Jefferson Health (Summit Lead)

David B. Burmeister, DO, serves as an Associate Chief Physician Executive of Jefferson Health, President of Jefferson Medical Group (JMG), and Chair of the Jefferson Lehigh Region Department of Emergency and Hospital Medicine. As an Associate Chief Physician Executive of Jefferson Health and President of JMG, Dr. Burmeister is responsible for driving performance in network priorities, value, and financial realms. He works closely with Jefferson Health and JMG leadership teams to analyze economic, quality, and value indicators to ensure clinical entities are operating effectively. Dr. Burmeister also supports medical group practice strategy, operations, clinician recruitment and retention and works with health system leaders to ensure optimal availability of clinical services across the enterprise. Dr. Burmeister is a graduate of Clarion University of Pennsylvania, where he received his Bachelor of Science in biology. He received his medical degree from the Philadelphia College of Osteopathic Medicine. He completed his internship and emergency medicine residency at Albert Einstein Medical Center in Philadelphia (now Jefferson-Einstein) and completed his Master of Business Administration at the University of Massachusetts-Amherst.



Suzanna Fox, MD, Advocate Health (Summit Associate Lead + Speaker)

Suzanna Fox, MD, is the Chief Physician Officer for Advocate Health, where she has responsibility for advancing physician leadership, refining care delivery models, coordinating advanced practice professionals, and growing clinical networks. She also leads the Best Place to Care initiative, which involves ensuring the organization is caring for its care givers so they can focus on caring for patients. Dr. Fox is well-versed in physician compensation and previously led this work in the Greater Charlotte Market and Southeast Region, while serving as the CPE for the NC/GA Division. With over 25 years of leadership experience in OB/GYN practice, Dr. Fox has served as the leader for Women's Health throughout the Atrium Health footprint where she was an advocate for her fellow OB/GYN professionals. Dr. Fox's accomplishments include the development of the Women's Advancement Fund, which provides funding to care for the underserved as well as clinical and academic research. Through the fund, a first in class mobile unit, Drive to Thrive, was launched, providing early prenatal care and women's services to our most vulnerable communities by bringing care to them. A graduate of the Medical College of Georgia and the University of Georgia, she completed her residency at Carolinas Healthcare System, now Atrium Health, which is a part of Advocate Health.

Insight Network Summit Speakers



Matthew Cowling, DO, Medrina

Matthew Cowling, DO, is a board-certified physiatrist specializing in Physical Medicine and Rehabilitation with expertise across the post-acute continuum, including skilled nursing facilities (SNFs) and inpatient rehabilitation facilities (IRFs). He serves as Chief Clinical Officer at Medrina, overseeing clinical operations across a national network of providers delivering care in over 1,500 facilities. His work focuses on improving functional outcomes, reducing rehospitalizations, and advancing interdisciplinary care models across post-acute settings. Dr. Cowling completed his residency at the University of Wisconsin and is Associate Medical Director at Encompass Rehabilitation Hospital of Fitchburg.



Anna Flattau MD, MSc, MS, Jefferson Health

Anna Flattau, MD, MSc, MS, is System Chief of Primary Care at Jefferson Health, and Alumni Professor and Chair of Family and Community Medicine at Sidney Kimmel College of Medicine. She leads a nationally renowned academic family medicine department and is the health system leader for comprehensive clinical care of approximately 1,000,000 people in Pennsylvania and southern New Jersey. She further oversees a portfolio of clinical care models including integrated behavioral health; medical weight management; lifestyle medicine; complex care models; geriatrics, and palliative medicine. She is currently President-Elect of the Association of Departments of Family Medicine. Dr. Flattau received her MD from Harvard Medical School, her MS in Clinical Research Methodology from the Albert Einstein College of Medicine, and her MSc in Health Promotion from the London School of Hygiene and Tropical Medicine.



Luis Garcia, MD, FACS, MBA, FACHE, Rush University System for Health

Dr. Garcia is the President of the Rush Medical Group and Professor of Surgery for Rush University College of Medicine and Professor in the Health System Management Program for the Rush College of Health Sciences. Dr. Garcia is a recognized thought leader in topics of health care systems integration, medical group governance, practice standardization, workforce challenges and leadership development. Throughout his career, he has spearheaded initiatives related to organizational culture, clinician engagement, well-being, leadership development and DE&I. Born and raised in Mexico City, he attended Medical School at La Salle University. He completed his General Surgery Residency at the University of North Dakota School of Medicine and Health Sciences and did a mini-fellowship in Bariatric Surgery at the University of Pittsburgh Medical Center. He holds a Master's in Healthcare Business Administration from the University of St. Thomas, Opus College of Business and is a fellow of the American College of Surgeons and the American College of Healthcare Executives.



Nariman "Nari" Heshmati, MD, MBA, FACOG, Lee Health

Dr. Heshmati is the Chief Clinical Officer for Lee Health. He joined Lee Health in 2024 from Washington State where he was the President of the Washington State Medical Association and the Executive Medical Director for Optum Washington. Dr. Heshmati earned his medical degree from Florida State University, where he was part of the first class, and served as class president. He completed his Obstetrics & Gynecology residency at Vanderbilt University. He is a fellow of the American College of OBGYNs and holds an MBA from Seattle University. He has served on numerous government task forces regarding healthcare reform and has been a trusted advisor to elected officials and regulators. He recently was inducted into the FSU College of Medicine Hall of Fame.



Maria Koshy, MD, Kaiser Permanente

Dr. Maria Koshy is a psychiatrist by clinical training, currently practicing at Kaiser Permanente in Sacramento. She was Chair of Chiefs of Psychiatry at Kaiser Permanente Northern California (KP) from 2020 to 2025. Since 2025, she has been the Regional Medical Director for Behavioral Health. In this role, she oversees and guides strategy for the care delivery and operations in Inpatient and Outpatient Psychiatry as well as Addiction Medicine at Kaiser Permanente Northern California. Under her leadership, KP Northern California has created and expanded several population-based programs in mental health, including collaborative care models for severe and persistent mental illness (SPMI) and mild to moderate depression and anxiety, as well as standardized treatment pathways within specialty mental health departments. Prior to her career at Kaiser Permanente, she trained at Emory University for her General Psychiatry residency and obtained her M.D. from Rush University in Chicago. She also has an M.A. in bioethics from Case Western Reserve University in Cleveland.



Reggie Lyell, MD, Baptist Health

Reggie Lyell, MD, a family physician at Baptist Health Medical Group, has over three decades of experience as a primary care provider. Additionally, Dr. Lyell has held various leadership positions that have utilized his primary care expertise to enhance the provider experience within his medical group. He is committed to utilizing technology and operational workflows to improve provider work-life balance and has acquired Epic certifications that have facilitated his work with electronic medical record training and support. As the past Medical Director of Quality, Dr. Lyell partnered with ACO and CIN team members to integrate value-based care into practice workflows. He also works closely with medical group operations, collaborating with and mentoring advanced practice clinicians. Dr. Lyell is retired from clinical practice and serves as an Epic Physician Liaison for Informatics and Primary Care Services. In this capacity, he has co-led a team that has developed and is piloting the "Virtual Acute and Subacute Encounter Resource (VASER).



Isaac J. Myers II, MD, Baptist Health

Isaac J. Myers II, MD, serves as chief health integration officer for Baptist Health and president of Baptist Health Medical Group since 2014. With over 25 years of administrative, leadership, and organization skills focused on driving vision and strategy, Dr. Myers works extensively with physicians, hospitals, healthcare providers, payors, strategic business partners and government in order to deliver best healthcare service, patient care and outcomes. A New York City native, Dr. Myers earned his bachelor's degree from Hope College and medical degree from Wayne State University before completing his family practice residency at Indiana University Hospital. He began his career as a family practitioner in 1991 before transitioning to healthcare administration in 1996. His experience spans all aspects of healthcare delivery with an overall focus to improve patient care thought out the health system and the communities served. He has also served as Adjunct Faculty, Master Health Administration Program Indiana University.



Sandeep Pulimi, MD, Medrina

Dr. Sandeep Pulimi is a board-certified internal medicine physician with over a decade of experience caring for patients across acute, post-acute, and long-term acute care settings in the Chicago region. He trained in internal medicine at St. Luke's–Roosevelt Hospital in New York, part of the Columbia University health system, and is recognized as a Senior Fellow in Hospital Medicine. Over the course of his career, he has served in key leadership roles including Associate Chief Medical Officer, Director of Transitional Care Services, and Physician Advisor at Trinity Health, where he focused on improving care transitions and clinical quality in value-based care models. He now combines active clinical practice with leadership responsibilities as Medical Director for Kindred Health and Regional Chief Medical Officer at Medrina, overseeing internal medicine services in the post-acute and LTAC space. In these roles, he is particularly focused on aligning and engaging physicians, optimizing systems of care, and using data to drive high-value, patient-centered outcomes.



Sidney H. "Beau" Raymond, MD, MMM, FACP, Ochsner Health Network

Dr. Raymond is a Board-Certified Internist overseeing Population Health at Ochsner and serving as the Chief Medical Officer of Ochsner Health Network and Medical Director and Executive Director of Ochsner Accountable Care Network and Ochsner Senior Care Network. Prior to joining Ochsner, Dr. Raymond was Vice President, Physician Practice Administrator and Chief Medical Information Officer at East Jefferson General Hospital. Beyond the administrative roles at EJGH, Dr. Raymond was involved with Medical Staff committees, including serving as Chief of Staff. He is also a Past President of the Jefferson Parish Medical Society. Dr. Raymond earned a Bachelor of Science in Biology from Loyola University, earned a Medical Degree from the Louisiana State University School of Medicine, and completed his residency in Internal Medicine at LSU-New Orleans. He has also earned a Master of Medical Management from Tulane University.



Heather Spies, MD, MBA, Sanford Health

Heather Spies, MD, MBA, is a board-certified Obstetrician/Gynecologist with two decades of clinical practice at Sanford Health, the nation's largest rural health system. She is currently serving in her sixth year as Clinician Well-being Officer, where she leads the organization's strategy to foster a culture of well-being for its clinicians. Under Dr. Spies' leadership, Sanford Health earned Gold recognition from the American Medical Association (AMA) as a Joy in Medicine organization 2025, marking the third time the health system has received this distinction and the second time at the gold level. Dr. Spies has guided the development of a comprehensive, multi-faceted clinician well-being program at Sanford Health, focused on communication, collaboration, organizational support, clinician recognition and leadership development. Dr. Spies received her M.D. from the University of South Dakota Sanford School of Medicine and completed her residency in Obstetrics and Gynecology at Creighton University Medical Center.