



The Metabolic Equation: Science, Strategy, Solutions

April 8 – 9, 2026 | Armonk, NY

Welcome

We're delighted to welcome you to this year's Metabolic Health Event.

Metabolic health impacts every person we serve, and across our roles – whether in underwriting, medical strategy, pricing, product, data, operations, or wellness – we each can contribute to helping individuals live longer, healthier lives. Over the next day and a half, we have the opportunity to explore that shared mission together and strengthen how we support the wellbeing of those who rely on us.

We've convened some of the foremost experts in metabolic health — blending cutting edge science, real world insights, and powerful personal stories. Together, we'll unpack the root causes of insulin resistance, take a clear look at the impact on our industry, and dive into evidence-based strategies that are already making a meaningful difference in health outcomes and portfolio experience.

We hope you leave inspired not only by the conversations in the room but also by the practical solutions that can empower the individuals and communities we serve.

Thank you for being here. We're truly glad to share this experience with you.

The Swiss Re Team

Agenda

Wednesday, April 8

1:00 – 1:15 PM	Opening Remarks	Neil Sprackling
1:15 – 1:35 PM	Mortality, Obesity, and Diabetes Trends	John Schoonbee Natalie Kelly
1:35 – 3:35 PM	Conventional Wisdom vs. The Evidence	John Schoonbee Nina Teicholz Gary Taubes David Ludwig Mariela Glandt
3:35 – 3:45 PM	Break	
3:45 – 4:45 PM	Open Discussion	John Schoonbee Nina Teicholz Gary Taubes David Ludwig Mariela Glandt
4:45 – 5:45 PM	The Basics of Insulin Resistance	Benjamin Bikman
5:45 – 6:00 PM	Wrap Up & Closing	Kim Pouloupoulos
6:30 – 8:30 PM	Cocktail Hour & Dinner	

Thursday, April 9

8:00 – 8:30 AM	Breakfast	
8:30 – 8:45 AM	Opening Remarks	Kim Pouloupoulos
8:45 – 9:30 AM	Ketogenic Diet	Dorian Greenow
9:30 – 10:15 AM	Diabetes & Obesity	Frank Dumont
10:15 – 11:00 AM	Metabolic Psychiatry	Georgia Ede
11:00 – 11:45 AM	Cardiovascular and Wider Impacts	Tro Kalayjian
11:45 AM – 1:00 PM	Lunch	
1:00 – 1:20 PM	Studies, Programs, and Clinical Outcomes	John Schoonbee
1:20 – 1:40 PM	Toward Health	Tro Kalayjian
1:40 – 2:00 PM	Levels Health	Dr. Robert Lustig
2:00 – 2:20 PM	Virta Health	Frank Dumont
2:20 – 2:40 PM	Break	
2:40 – 3:20 PM	Open Discussion	Kim Pouloupoulos Tro Kalayjian Dr. Robert Lustig Frank Dumont
3:20 – 4:00 PM	Personal Stories	Suzanne Deemester Michael Collins
4:00 – 4:15 PM	Wrap Up & Closing	Neil Sprackling



Speaker Bios



Dr. Benjamin Bikman

Author & Professor of Cell Biology
Brigham Young University

Benjamin Bikman earned his Ph.D. in Bioenergetics and was a postdoctoral fellow with the Duke-National University of Singapore in metabolic disorders. Currently, his professional focus as a scientist and professor (Brigham Young University) is to better understand the role of elevated insulin and nutrient metabolism in regulating obesity, diabetes, and dementia. In addition to his academic pursuits, Dr. Bikman is the author of “Why we get sick” and “How not to get sick.”



Dr. David Ludwig

Physician & Author

David S. Ludwig, MD, PhD, is an endocrinologist and researcher at Boston Children’s Hospital, Professor of Pediatrics at Harvard Medical School and Professor of Nutrition at Harvard School of Public Health. For more than 25 years, Dr. Ludwig has studied the effects of dietary composition on metabolism, body weight and risk for chronic disease – with a special focus on low-carbohydrate and ketogenic diets. He has made seminal contributions to development of the “carbohydrate-insulin model,” an alternative perspective on the cause and treatment of obesity. Described as an “obesity warrior” by Time Magazine, Dr. Ludwig has fought for fundamental policy changes to improve the food environment. He has authored more than 250 scientific articles and presently serves as an editor at The American Journal of Clinical Nutrition. Dr. Ludwig is author of the #1 New York Times bestseller Always Hungry? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently.



Dorian Greenow

President & Founder
Keto-Mojo

After losing 50 pounds and reversing multiple metabolic conditions through a ketogenic lifestyle, Dorian founded Keto-Mojo in 2017 to make ketone monitoring affordable and accessible - introducing the first low-cost blood glucose and ketone meter, cutting ketone testing costs by 75% overnight. Dorian's commitment to innovation led to the release of the MyMojoHealth platform, a HIPAA compliant platform for real-time data monitoring, revolutionizing metabolic health tracking. Under his leadership, Keto-Mojo has supported 100+ clinical trials, advancing research and adoption of ketogenic therapies. A sought-after speaker at global metabolic health conferences, Dorian shares insights on ketosis and its clinical applications. He and his wife, Gemma, also founded The Ketogenic Foundation, a 501(c)(3) non-profit dedicated to education, research, and global health initiatives in ketogenic science.



Dr. Frank Dumont

Executive Medical Director
Virta Health

Dr. Frank Dumont is a Virta Clinician and Executive Medical Director. He is trained in internal medicine and lives in Estes Park, Colorado at the eastern entrance to Rocky Mountain National Park. Prior to joining Virta, he was in a community hospital owned practice for nearly 20 years. He practiced outpatient and inpatient medicine and was the medical director of the wellness service line for the medical center. As an undergraduate, he studied Physics and Music, and he pursued his medical training at the University of Colorado Health Sciences Center. He has been devoted to improving healthcare delivery for over two decades, participating in organized medicine as a young physician representative to the AMA and serving on the Colorado Medical Society Board of Directors. He is a Fellow of the American College of Physicians.



Gary Taubes

Journalist & Author

Gary Taubes is an investigative science and health journalist, the author of *Rethinking Diabetes*, *The Case for Keto*, *The Case Against Sugar*, *Why We Get Fat* and *Good Calories, Bad Calories* (published as *The Diet Delusion* in the UK). Taubes is a former staff writer for *Discover* and correspondent for the journal *Science*. His writing has also appeared in *The New York Times Magazine*, *The Atlantic*, and *Esquire*, and has been included in numerous Best of anthologies, including *The Best of the Best American Science Writing* (2010). He has received three Science in Society Journalism Awards from the U.S. National Association of Science Writers and is the recipient of a Robert Wood Johnson Foundation Investigator Award in Health Policy Research. Taubes did his undergraduate education at Harvard and has a master's degree in engineering from Stanford and in journalism from Columbia.



Dr. Georgia Ede

Physician & Author

Dr. Georgia Ede is a globally recognized expert in nutritional and metabolic psychiatry. Her 25+ years of clinical experience include 7 years at Harvard University, where she was the first psychiatrist to offer nutrition-based approaches to mental health conditions. Dr. Ede co-authored the first inpatient study of the ketogenic diet for serious mental illness, developed the first medically accredited course in ketogenic diets for mental health, and is a recipient of the Baszucki Metabolic Mind Award. Current research collaborations include pilot studies in pediatric bipolar disorder, adult ADHD, PTSD, and schizophrenia. Her internationally bestselling book *Change Your Diet, Change Your Mind* is being translated into 11 languages and is recommended by the *New York Times Book Review*.



Dr. Mariela Glandt

CEO
OwnaHealth

Dr. Mariela Glandt, MD, is a Harvard- and Columbia-trained endocrinologist with over 20 years of clinical experience and a career dedicated to transforming the way chronic metabolic disease is treated. From 2015 to 2024, she served as Founder and Medical Director of the Glandt Center for Diabetes Care, where she pioneered innovative, lifestyle-based approaches to diabetes reversal with a strong emphasis on metabolic health. Today, Dr. Glandt is the CEO of OwnaHealth, a virtual clinic designed to reverse chronic conditions—including Type 2 Diabetes and obesity—specifically in underserved populations. OwnaHealth combines nutritional ketosis, doctor-led care, and AI-optimized coaching to help patients regain control of their health while reducing dependence on medications.



Nina Teicholz

Journalist & Author

Nina Teicholz, Ph.D., is a New York-based science journalist and author of the New York Times bestseller “The Big Fat Surprise,” which upended the conventional wisdom on dietary fat—especially saturated fat and seed oils. Teicholz is also the founder of the Nutrition Coalition, a nonprofit working to ensure that nutrition policy reflects the best and most current science. Teicholz has appeared on most major TV networks, and her work has been published in the New York Times, Wall Street Journal, and Economist, and in academic journals, including The BMJ. A graduate of Stanford, Oxford, and Reading University, she holds a Ph.D. in nutrition, focusing on evidence-based dietary policy.



Dr. Robert H. Lustig

Professor at The University of California, San Francisco

Dr. Robert H. Lustig is Emeritus Professor of Pediatric Endocrinology and a member of the Institute for Health Policy Studies at UCSF. A neuroendocrinologist specializing in obesity, diabetes, metabolism, and nutrition, he is a leading voice in the movement to reduce dietary sugar and improve metabolic health. Since retiring from clinical practice, Dr. Lustig has focused on improving the food system to reduce human suffering and environmental harm, promoting a shared vision of metabolic health: protect the liver, feed the gut, and support the brain. He is the author of *Fat Chance*, *The Hacking of the American Mind*, and *MetaboliCal*, Co-Founder and Chief Science Officer of the nonprofit Eat REAL, a member of the American Dental Association's Nutrition Task Force, and Chief Medical Officer of Biolumen, SnapRecall, and Perfect.



Dr. Tro Kalayjian

Founder & Chief Medical Officer
Toward Health

Dr. Tro Kalayjian, DO is the founder and Chief Medical Officer of TOWARD Health and a board-certified physician in Internal and Obesity Medicine. A founding member of the Society of Metabolic Health Practitioners, he is dedicated to helping patients reverse chronic disease and reduce reliance on medications through personalized, lifestyle-based care. After losing 150 pounds himself, Dr. Tro brings both clinical expertise and deep empathy to his work. His practice specializes in treating type 2 diabetes and obesity, with a published six-month medical weight loss program showing average patient weight loss of 38 pounds and significant improvements in A1C, blood pressure, cardiac risk, and medication costs. Backed by peer-reviewed research and supported by remote patient monitoring, his approach focuses on sustainable changes in nutrition, movement, and mindset.

Swiss Re Bios



Neil Sprackling

President US Life & Health

Neil Sprackling is President of Swiss Re's Life & Health US business and a member of the firm's Americas Management Team. He previously led Swiss Re's Life & Health Australia and New Zealand business, where he also served on the regional management team. With over 30 years of global reinsurance experience across the UK, Europe, Latin America, Australia, and New Zealand, Neil has held senior roles spanning underwriting, client management, marketing, and new business origination. He has led multiple industry initiatives, most notably Swiss Re's work on closing the insurance protection gap. Neil currently serves as Chairman of the Board of Directors of LIMRA/LOMA and is a member of the ACLI CEO Committees on Prudential and Consumer Issues.



John Schoonbee

Global Chief Medical Officer

Dr. John Schoonbee is Global Chief Medical Officer at Swiss Re, a role he has held since 2017. A qualified medical doctor, he joined Swiss Re in 2011 and is based in Zurich. With extensive experience across life and health insurance, his work has spanned product development, underwriting, claims and risk assessment, and the pricing of complex medical products. Dr. Schoonbee leads Swiss Re's medical research and oversees Life Guide, the company's world-leading underwriting manual, including the development of its advanced cardiometabolic calculator incorporating lifestyle factors and guidance on diabetes remission. He also champions global research on metabolic health and non-communicable diseases and initiated Swiss Re's collaboration with The BMJ on the landmark "Food for Thought" events and publications examining the link between diet, metabolic health, and disease.



Kim Pouloupoulos

Head Mortality, Innovation & Transformation

Kimberly Pouloupoulos is the Head of Mortality Innovation and Transformation, where she leads a future-focused team dedicated to reinventing claims, underwriting, and pricing through emerging technologies and bold innovation. Her work centers on reshaping how the industry understands, predicts, and influences mortality—particularly as health, wellness, and metabolic health trends rapidly evolve. Kim is a passionate advocate for improving population health, with a particular focus on the rising importance of metabolic health and its impact on mortality outcomes. Her work is driven not just by industry need but by personal purpose—deriving energy and motivation each day from the opportunity to help shape healthier futures. With more than 20 years of experience across the (re) insurance value chain, Kim held leadership roles spanning operations, strategy, consulting, and growth innovation

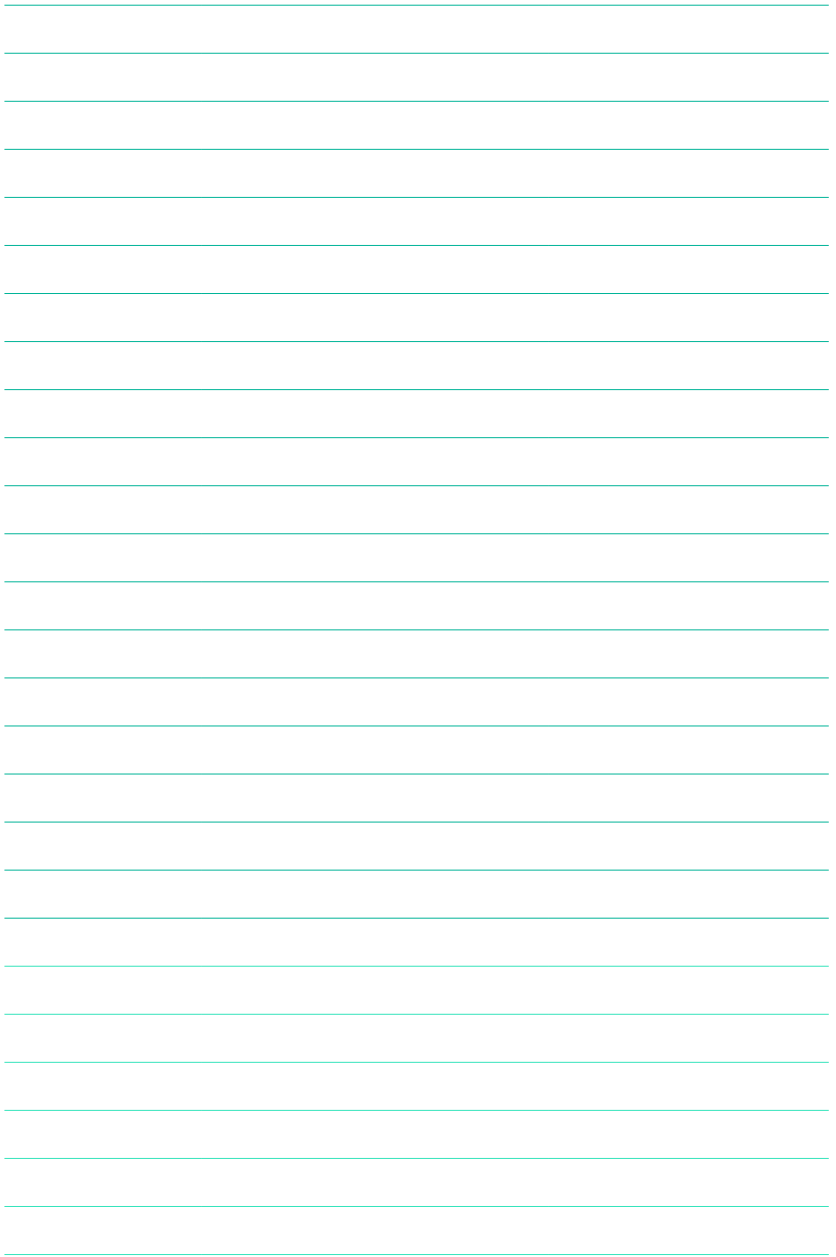


Natalie Kelly

Head L&H Global Underwriting Claims R&D

Natalie Kelly joined Swiss Re in November 2015 and is Head L&H Global Underwriting, Claims and R&D. In her current role, she leads a team of just over 60 reinsurance professionals - a team comprising underwriters, claims experts, medical doctors, actuaries, data analysts, product experts and academic professionals. Together, they are responsible for setting Swiss Re's global underwriting and claims strategy, driving innovation around the underwriting and claims journey, and delivering a research agenda with business impact across the Swiss Re L&H Reinsurance business. Natalie is an actuary and has over 20 years experience in L&H re/insurance across multiple lines of business and markets around the world, including mortality, morbidity, longevity, lapse and capital-motivated transactions. She has held leadership and technical positions covering pricing, underwriting, client management, risk management and R&D.





Legal Information

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