Our History, Our Founder's Legacy & Our Mission

An open letter from the President & Chief Executive Officer

November 24, 2026

Dear Patients, Families, Community Members and Healthcare Partners:

Every great organization begins with a vision. The true measure of that organization, however, is not simply how much it grows, but how many lives it positively impacts along the way.

It is with pride, gratitude and a deep sense of responsibility that I share the history of Resilience Health Systems, the vision of our founder, Dr. Donavon Huff, and the principles that continue to define who we are today.

2011 | The birth of a vision

Our founding history begins in 2011, when Dr. Huff developed a comprehensive philosophy centered on improving health, physical capabilities and quality of life. Through Group 4 Fitness Systems, he introduced high-intensity interval training, free-weight resistance training, specialized movements to support muscular development, martial arts-inspired exercise, flexibility, range of motion and practical self-defense. Nutritional education, dietary portion control and personal accountability complemented this approach.

This philosophy can be expressed through four interconnected principles: **medical evaluation and clinical management; nutritional management; specialized physical fitness; and lifestyle modification and accountability.**

Dr. Huff recognized that physical training and nutritional discipline alone were not always enough. People living with hormonal imbalances, metabolic disorders and chronic medical conditions often needed medical intervention before they could fully benefit from traditional fitness programs. He sought the expertise of physicians across multiple specialties who shared his commitment to improving lives. Together they laid the foundation for an integrated approach to the whole patient.

Final letter approved by the President & CEO on November 24, 2026.

2016–2017 | From philosophy to medical practice

What began as a vision for comprehensive wellness evolved into an organized medical practice. Public provider-directory milestones include Resilience Anti-Aging & Internal Medicine Wellness Clinic Inc. in 2016 and an organizational National Provider Identifier for Resilience Health Systems Corporation, 1255878401, in 2017. These milestones reflect the progression toward a multispecialty model; an NPI is not itself a facility license.

Our purpose was never to create another conventional weight loss or hormone replacement clinic. It was to recognize the relationship between physical fitness, nutrition, preventive medicine, chronic disease management and individualized treatment.

2021 | The evolution of our outpatient healthcare network

By 2021, our organizational history reflects a further development of this multidisciplinary outpatient model. A patient should never be viewed exclusively through a single diagnosis, laboratory result, prescription or number on a scale. A person seeking weight management may also be living with cardiovascular disease, diabetes, sleep apnea or hormonal dysfunction. Those concerns deserve appropriate attention.

Our vision brings together expertise across family medicine, primary care, internal medicine, cardiology, pulmonary medicine, infectious disease, pediatrics, hormone management, medical weight management, preventive care, acute and chronic disease management, and medical fitness. We embrace the philosophy of caring for people from the cradle to the grave, within the scope of available services and appropriate clinical expertise.

2022 | A founder’s continuing commitment

In 2022, Dr. Huff faced personal health challenges that led to retirement from his previous professional responsibilities. Retirement did not mean abandoning his vision. He has continued, according to our organizational history, to volunteer more than 80 hours each month in support of business development, community outreach, strategic relationships and the growth of our healthcare network.

Leadership is not measured solely by a title or financial compensation. It is measured by a willingness to serve others, even when faced with adversity. His commitment reflects the very meaning of our name: **Resilience.**

2024 | A new chapter in leadership

On January 13, 2024, we experienced the sudden passing of Bart M. Stein. During this period of transition, our organizational history records a new chapter under Optimum Health & Vitality Medical Clinic Inc. and my assumption of the responsibilities of President and Chief Executive Officer.

My commitment was not to replace the original philosophy, but to strengthen it, expand its capabilities and preserve its purpose for future generations. Leadership may change and medical technology may advance, but our commitment to the people who entrust us with their healthcare must remain constant.

November 22, 2026 | National clinical leadership

On November 22, 2026, following a vote and agreement by our leadership, Robert Kulchinsky, MD, FACP, of Jacksonville, Florida, was selected to serve as National Chief Medical Director of Resilience Health Systems. This appointment marks an important milestone in our continued development as a national outpatient healthcare network.

Dr. Kulchinsky brings more than four decades of medical education and professional development to this role. He earned a Bachelor of Arts in Biology from North Texas State University in 1980 and his medical degree from Universidad Autónoma de Guadalajara in 1984. His postgraduate training included the Fifth Pathway program at Bronx Lebanon Hospital in 1985 and an internal medicine residency in New York from 1986 to 1989. His Florida practitioner profile records American Board of Internal Medicine certification in 1996 and the beginning of his medical practice in 1987.

His clinical background encompasses internal medicine and hospital medicine, with experience in the care of adults with complex medical needs. The Florida Department of Health lists an active medical license and hospital privileges at several Jacksonville-area institutions, including Memorial Hospital Jacksonville, Baptist Medical Center–Beaches, Brooks Rehabilitation Hospital, Specialty Hospital Jacksonville and Orange Park Medical Center.

According to our organizational credentialing records, Dr. Kulchinsky holds medical licenses in 21 states and multiple Drug Enforcement Administration (DEA) registrations, supporting care for our expanding patient population, subject to applicable state and federal requirements.

In this national role, Dr. Kulchinsky will work alongside our Vice President of Operations to identify, evaluate and recruit qualified physicians and clinicians across the specialties needed to support our growing national footprint. He will help guide clinical standards, quality improvement, professional collaboration and responsible expansion, with appropriate credentialing and state-specific licensing requirements. His broad responsibilities will support the long-term development, continuity and longevity of our organization.

I welcome Dr. Kulchinsky to this leadership role with confidence in the depth of his medical background and our shared commitment to making patient care our number one priority. Our growth must always be guided by clinical integrity, patient safety and the quality of care we deliver.

Credential references: Florida DOH (ME94453); Doximity; company-reported multistate/DEA credentials.

Who we are today

We are not simply a testosterone replacement therapy clinic. We are not simply a hormone replacement clinic. We are not simply a medical weight loss clinic.

We are a multidisciplinary concierge outpatient healthcare network specializing in hormone replacement therapy and medical weight management while recognizing the importance of the patient·s overall health.

Our patients deserve more than an isolated prescription. They deserve clinicians who consider their medical history, medications, laboratory findings, chronic conditions, personal goals and lifestyle challenges. Communication with existing primary care physicians is important, but a signed clearance form is not a substitute for independent medical judgment, comprehensive evaluation and appropriate monitoring.

For concierge members, our objective is coordinated healthcare within the scope of our clinicians· expertise, available services and applicable licensing requirements, with collaboration or referral to outside providers when necessary.

We do more than prescribe medication

When clinically appropriate and available, our specialized fitness professionals work in coordination with treating clinicians to help implement individualized fitness and lifestyle programs. Through relationships with private training facilities, we seek to provide hands-on instruction tailored to patients· abilities, medical limitations and goals.

Our objective is not simply weight loss. It is to help individuals build strength, improve mobility, preserve muscle and establish sustainable habits. A prescription may be one component of a treatment plan, but it should never automatically become the entirety of that plan.

Our commitment to medication quality and patient safety

Our pharmaceutical approach is guided by individualized medical necessity, clinical judgment and patient safety. When compounded medications are medically appropriate, our commitment is to work with qualified, appropriately licensed pharmacies and, where applicable, FDA-registered outsourcing facilities subject to relevant regulatory oversight and quality standards.

Compounded medications are not FDA-approved. We recognize the importance of responsible prescribing, appropriate laboratory monitoring, medication sourcing and continued evaluation of treatment effectiveness. Our responsibility is to place patient health and safety above commercial interests.

We will never aspire to be the cheapest

We do not claim to be the cheapest healthcare organization in the industry, nor is becoming the cheapest our ambition. Our ambition is exceptional value through the quality, accessibility, personalization and comprehensiveness of the healthcare experience.

The value of healthcare should not be measured exclusively by the price of a prescription, an injection or a monthly membership. It should also be measured by the quality of the evaluation, the expertise of treating professionals, the availability of clinical support, the appropriateness of the treatment plan and the attention given to the patient's overall well-being.

Our goal is individualized care with meaningful, measurable treatment objectives, supported by appropriate clinical monitoring and evidence-informed practices. We cannot promise identical results for every patient. What we can promise is our commitment to treating each patient as an individual whose health matters.

We would rather be recognized for the quality of our care than for having the lowest advertised price.

Our national vision

Through our expanding network of healthcare professionals, multistate physician licensure, telemedicine capabilities and community partnerships, we seek to make our concierge healthcare model available to more individuals throughout the United States, wherever our clinicians are appropriately licensed and services are authorized.

We believe healthcare should be personal. Prevention matters. Physical fitness and nutrition are important components of overall health. Chronic medical conditions deserve comprehensive attention. Above all, every patient deserves dignity, respect and compassion.

Honoring our founder and carrying the torch forward

On behalf of our physicians, healthcare professionals, administrative team, fitness professionals and community partners, I extend my sincere gratitude to our original founder, Dr. Donavon Huff. His original vision set in motion a philosophy that continues to influence our organization's development.

His dedication, even in retirement and despite personal adversity, demonstrates the depth of his commitment to ensuring that this vision does not disappear with time. The responsibility now rests with all of us to carry that torch forward. We must continue strengthening our network, maintaining high professional standards, expanding responsible access to care and ensuring that the original mission remains at the center of every decision.

Our founder's greatest legacy should not simply be the organization he helped establish. It should be the lives improved through the principles upon which that organization was founded.

Our promise to the public

To our current patients, prospective patients, families and communities: Resilience Health Systems was created with a purpose far greater than selling medical services. We were created to bring together the resources, knowledge and expertise necessary to help individuals pursue healthier, stronger and more fulfilling lives.

Entrusting someone with your healthcare is a deeply personal decision. We do not take that responsibility lightly. As President and Chief Executive Officer, I remain committed to protecting the integrity of our mission, honoring our founder's vision and supporting a culture in which compassion, professional accountability and excellence in patient care are never compromised.

We invite you to become part of a healthcare organization that believes in treating the person, not merely the condition.

Your health is our priority. Your progress is our purpose. Your success is our success.

We are more than a medical practice. We are a community united by a commitment to better health. **We are Resilience Health Systems.**

With sincere gratitude and unwavering commitment,

Dr. Alan Edwards
President & Chief Executive Officer
Resilience Health Systems

www.resilienceclinic.com