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Dr Emily Wong received her undergraduate BSc and MD degrees at the University of Washington (UW). She completed specialty training in Internal Medicine at UCLA and went on to specialize in Women's Health. Dr Wong completed her Executive Masters of Health Administration degree (EMHA) at the UW, and fellowship in Integrative Medicine at the Andrew Weil Center for Integrative Medicine (AWCIM) at the University of Arizona. She served on the faculty of the UCLA Department of Medicine and maintains an Affiliate Associate Professor appointment at the UW School of Medicine. She currently teaches in the Li Ka Shing Faculty of Medicine at the University of Hong Kong (HKU).

Dr Wong was Principal Investigator (PI) for the UW Center of Excellence in Women's Health (UW CoE) grant, this US federal grant was awarded with the intent of advancing the health of underserved and minority women, and to promote the leadership of women in academic medicine. Dr Wong served in multiple business leadership roles, including Associate Chair for Clinical Affairs in the UW Department of Medicine. She was elected by her peers to serve on the UW Physicians (UWP) Board of Trustees, and Chief of Medical Staff at the UW Medical Center (UWMC).

Dr Wong is Fellow of the American College of Physicians (FACP), and Diplomate of the American Board of Internal Medicine (ABIM), as well as the American Board of Integrative Medicine (ABoIM). She completed Integrative Health and Wellness (IHW) coach training at AWCIM, and is board certified by the National Board for Health and Wellness Coaching (NBHWC). She is also a certified coach through The Life Coach School (LCS).

Dr Wong's passion is to help women to unleash their brain's full potential through the application of neuroscience, psychology, and self care. #momyourbrain