Triple Board-Certified Dr. Alexandra Volo Opens VOLO MEDICAL in Palm Beach Gardens

Two-time Palm Beach Illustrated Top Doctor introduces personalized concierge family medicine, pediatric care, women's health, obesity medicine, and longevity-focused healthcare to Palm Beach County.

PALM BEACH GARDENS, FL — November 23, 2026 — Dr. Alexandra Volo, DO, a triple board-certified physician recognized as a Palm Beach Illustrated Top Doctor in 2025 and 2026, announces the opening of VOLO MEDICAL, an independent concierge family medicine practice located in Downtown Palm Beach Gardens, Florida.

Dr. Volo holds board certifications in Family Medicine, Osteopathic Neuromusculoskeletal Medicine (ONMM), and Obesity Medicine, having recently earned her third certification in Obesity Medicine. Her multidisciplinary expertise combines comprehensive primary care, osteopathic medicine, metabolic health, and preventive wellness.

Located in Downtown Palm Beach Gardens, VOLO MEDICAL brings personalized concierge primary care, women's health, medical weight management, and preventive medicine to patients and families throughout northern Palm Beach County.

After more than five years of caring for patients in Palm Beach County, Dr. Volo begins a new chapter in her medical career with a practice built around a simple philosophy: medicine is most powerful when it is personal.

VOLO MEDICAL offers a more personalized approach to primary care through an intentionally limited patient panel, longer appointments, direct physician access, and meaningful, lasting physician-patient relationships.

"Throughout my career, I've believed that the best medicine begins with a meaningful relationship between a physician and patient," said Dr. Volo. "I wanted to create a practice where I could spend more time with my patients, truly understand their needs, and focus not only on treating illness, but on helping them live healthier, longer, and more fulfilling lives."

Personalized Care for the Whole Family — From Pediatrics to Adults

VOLO MEDICAL provides comprehensive concierge family medicine and pediatric primary care in Palm Beach Gardens, offering personalized healthcare for children, adolescents, and adults.

As a triple board-certified physician in Family Medicine, Osteopathic Neuromusculoskeletal Medicine, and Obesity Medicine, Dr. Alexandra Volo provides comprehensive concierge primary care in Palm Beach Gardens, Florida. Her practice

combines family medicine for children and adults with specialized expertise in women's health, perimenopause and menopause care, medical weight management, preventive medicine, and longevity-focused healthcare.

Dr. Volo embraces a whole-person approach to healthcare, considering the connection between physical health, lifestyle, emotional well-being, metabolic health, and long-term prevention.

From pediatric wellness visits and preventive care to adult primary care and longevity-focused medicine, VOLO MEDICAL is dedicated to supporting the health of the entire family through every stage of life.

A Special Passion for Women's Health

Dr. Volo has a particular passion for women's health, especially helping women navigate the hormonal and physical changes of perimenopause and menopause.

Her approach to menopause care emphasizes individualized treatment, evidence-based hormone replacement therapy when appropriate, metabolic health, medical weight management, and preventive wellness.

"Women deserve to feel heard, understood, and supported through every stage of life," said Dr. Volo. "Perimenopause and menopause are natural transitions, but that doesn't mean women should have to accept feeling unlike themselves. My goal is to help women navigate these changes with confidence, knowledge, and personalized medical care."

Dr. Volo's additional board certification in Obesity Medicine further supports her approach to metabolic health and evidence-based medical weight management, helping patients address weight-related health concerns through individualized treatment and long-term preventive strategies.

An Elevated Experience, Rooted in Genuine Care

Located in Downtown Palm Beach Gardens, VOLO MEDICAL offers a welcoming, thoughtfully designed environment where patients can experience healthcare centered on time, accessibility, trust, and genuine personal connection.

Serving families throughout Palm Beach Gardens, Jupiter, North Palm Beach, West Palm Beach, and surrounding northern Palm Beach County communities, the practice emphasizes preventive screenings, hormone optimization, medical weight management, and personalized strategies for long-term health and longevity.

With a limited patient panel, VOLO MEDICAL is committed to making every patient feel known, heard, and genuinely cared for.

To learn more about VOLO MEDICAL, explore membership opportunities, or discover Dr. Volo's personalized approach to healthcare, visit www.volomedical.com**.**

About VOLO MEDICAL

VOLO MEDICAL is an independent concierge family medicine practice located in Downtown Palm Beach Gardens, Florida, serving patients throughout Palm Beach County, including Jupiter, North Palm Beach, and West Palm Beach.

Founded by Dr. Alexandra Volo, DO, a triple board-certified physician and two-time Palm Beach Illustrated Top Doctor (2025 and 2026), the practice provides personalized primary care for the whole family — from pediatrics to adults.

Dr. Volo is board-certified in Family Medicine, Osteopathic Neuromusculoskeletal Medicine (ONMM), and Obesity Medicine.

For insights on women's health, preventive care, and wellness, follow Dr. Volo on Instagram at @DrVolo.

VOLO MEDICAL specializes in relationship-centered concierge family medicine, pediatric primary care, women's health, perimenopause and menopause care, preventive medicine, hormone optimization, medical weight management, and longevity-focused healthcare.

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