

Jill E. Pechacek M.D., F.A.A.F.P., D.A.A.A.M.

9331 S. Colorado Blvd. Suite 200

Highlands Ranch, Colorado



Professional Experience

Aspen Family Care, PLLC

Medical Director & Practicing Physician

Medical Director & Practicing Physician

Health Journey, Inc.

President & CEO

Honors & Awards

Denver's 5280 Magazine Top Doctor Award

USA Most Compassionate Doctor Award

Patient's Choice.org

USA Patient's Choice Award

Patient's Choice.org

AAFP Parke-Davis Teacher Development Award

American Academy of Family Physicians

AAFP Mead Johnson Award in Family Medicine

American Academy of Family Physicians

Medical Certifications

Board Certification in Family Medicine

Board Certification in Aesthetic Medicine

Fellow of American Academy of Family Physicians

USA Drug Enforcement Agency Certification

Colorado Medical License

Education

Swedish Family Medicine Residency

The University of Colorado Health Sciences Center

Chief Resident, 1997

Colorado Delegate, AAFP National Congress

Doctor of Medicine

The University of Iowa College of Medicine, 1994

Bachelor of Science, Psychology

The University of Iowa, 1990

Aging Studies Minor

Professional Boards & Committees

Chair, Family Practice Department

Swedish Medical Center

Clinical Faculty & Speaker

American Academy of Aesthetic Medicine

Clinical Faculty & Preceptor

The University of Colorado School of Medicine

Clinical Faculty & Preceptor

Swedish Family Medicine Residency

Board of Directors

Colorado Academy of Family Physicians

Board of Directors

MyStrength.com

Board of Directors

JP Awareness Foundation

Clinical Instructor & Speaker

Health Diagnostics Laboratory

Advanced Lipid Markers & Cardiovascular Risk Reduction

Certified Health Coach & Physician Trainer

Take Shape for Life

Physician & Speaker

The Juice Plus Company

Children's Health Study

Medical Executive Committee

Swedish Medical Center

Medical Quality Management Committee

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Swedish Medical Center
Credentialing Committee
Swedish Medical Center

Research Experience

Physiology/Biophysics Research

Neuronal/glial cell specificity of cAMP-dependant protein kinase subunit mRNAs in fetal rat brain with Robert E. Fellows, M.D., Ph.D. and John S. Massa, Ph.D.

Professional Organizations

American Academy of Family Physicians
American Medical Association
American Academy of Aesthetic Medicine
Colorado Academy of Family Physicians
Colorado Medical Society

Certifications & Training

Botulinum Toxin Injections

Aesthetic & Medical

Dermal Fillers

Cutera Laser System

Laser vein removal, laser skin rejuvenation, laser hair removal

Candela Laser System

Medical Microdermabrasion

Microneedle/Collagen Induction Therapy

Chemical Resurfacing

Dermaplane

Community Service

Doctors for the Cure

Race for the Cure

Susan G. Komen Breast Cancer Foundation

Physician Representative

American Cancer Society Advisory Council

Tar Wars Educator

School Outreach Smoking Prevention Program

Board of Education

Cherry Hills Christian School

Board of Directors

Interfaith Task Force

Physician Representative

Englewood Public Schools Health & Safety Committee

Volunteer Youth Leader, AWANA

Cherry Hills Christian Church

Volunteer Youth Basketball Coach

YMCA, HRCA, I9 Sports, South Suburban

MOPS Leader

Cherry Hills Christian Church

Chairperson

Committee to Assess the Health Needs of the Residents of Englewood (CARE)