

# Tamara Tobias, ARNP, WHNP-BC



Tamara Tobias, ARNP, WHNP-BC, is a women's healthcare nurse practitioner at Seattle Reproductive Medicine. She earned a Bachelor of Science degree in Nursing at the College of Saint Benedict in St. Joseph, Minnesota, then, graduated from the Women's Health Care Nurse

Practitioner Program at Harbor-UCLA Medical Center before receiving a Master's of Science in Nursing from California State University, Long Beach.

Ms. Tobias served as a Lieutenant Officer, US Navy at the Naval Medical Center in San Diego where she was a charge nurse in the emergency and pediatric departments. After completing military service, she joined the nursing staff of San Diego Fertility Center where she discovered her passion for helping infertile persons and couples fulfill their goals of family building.

Currently, Ms. Tobias serves as a women's health care nurse practitioner at Seattle Reproductive Medicine (SRM) providing comprehensive care to infertile persons, egg freezing and fertility education. At SRM

she developed, and now supervises, all 3rd Party Programs. She also supervises the staff of advanced practice providers.

Among Ms. Tobias's accomplishments, honors and recognitions are her roles as: founder of Fertility Walk Hope Fund, providing monetary fertility grants; co-partner with Footsteps for Fertility, offering free IVF cycles and monetary grants at a yearly Fun Run/Walk event in Seattle to raise fertility awareness; chair of both the ASRM Nurses Professional Group and Advanced Practice Provider Group; invited speaker for ASRM Annual Meetings, Executive Council member for SART; ASRM Service Milestone Award recipient for a decade of leadership; founder and Past-President of Seattle Tacoma Area Reproductive Society, a non-profit organization providing continuing education for fertility experts; recipient of the ASRM STAR Award for presentations at ASRM Annual Meetings; and, member of the Board of Directors of Pacific Coast Reproductive Society.

Ms. Tobias is the author of *Fertility Walk* and *Hiking Gear for the Two-Week Wait*, and has been consistently selected among Seattle Magazine's "Top Nurse Practitioners".