

Revolutionising Global Healthcare and Citizenship: Insights from SIP Medical Family Office's Founder, Dr. Christian H. Kälin

Story by Marta Colombo



[SIP Medical Family Office](#) is a leading entity in preventive medicine and global healthcare, offering unparalleled guidance for navigating complex medical systems worldwide. In our discussion, Dr. Christian H. Kälin, the firm's founder and chairman, shares insights from his extensive and multifaceted experience.

For nearly three decades, Kälin has been instrumental in shaping SIP's approach, focusing on debunking ineffective healthcare practices and promoting a scientific, unbiased methodology in medical guidance. He also delves into his commitment to addressing global mobility and citizenship issues, inspired by personal experiences and a deep understanding of global inequalities.

This interview explores the intersection of healthcare, ethics, and global citizenship, underscoring Kälin's commitment to enhancing individual well-being and opportunities worldwide.

Could you start by introducing yourself and your background to our audience?

My name is Chris Kälin, and I'm the Chairman and Founder of SIP Medical Family Office, among other ventures. Although I am not a medical doctor, I hold PhDs in law and philosophy. For around 30 years, I've been deeply involved in health and longevity topics, focusing on preventive medicine at SIP.

What inspired you to found SIP Medical Family Office, and what is the philosophy behind it?

SIP is fairly unique, though we're not the only ones in this field. There are comparable companies, one in Asia, another in Germany, and two or three in the United States, which offer similar services. Our uniqueness stems from over thirty years of collecting data on where to find the best medical professionals and facilities worldwide. By assisting hundreds of clients annually, we've compiled a robust database, which is invaluable for individuals facing specific health issues.

The inception of SIP was driven by two main factors. Firstly, my own need for comprehensive medical insurance while living abroad led me to investigate global medical plans. Thus, one aspect of SIP's services is advising on international medical insurance for both individuals and corporations. This is crucial for expatriates or global citizens who move between countries, each with its own healthcare system.

How does your passion for health play into the services and philosophy of SIP?

My passion for health and medicine drove the development of another core aspect of SIP – evaluating and monitoring treatments and specialists worldwide. We aim to differentiate effective treatments from ineffective ones and navigate the medical landscape, which is unfortunately fraught with misinformation and financially driven motives. This misalignment of incentives often leads to suboptimal healthcare outcomes.

To illustrate, in the United States, medical errors are the third leading cause of death, following cancer and cardiovascular diseases. Approximately 250,000 Americans die each year due to medical errors. This statistic highlights the risks involved in navigating the healthcare system and underscores the importance of our work at SIP – guiding our clients safely through the complex and often misleading medical landscape.

Given your unique position in the niche of preventive health and global medical assistance, what challenges do you face?

Interestingly, we don't really face significant challenges in our field; instead, we find great fulfilment in guiding people through the complex healthcare system. Our approach is very scientific; we base our recommendations on established research and methodologies. This is crucial because many new treatments, particularly in the longevity sector, are untested and experimental. We prioritise well-established health practices, such as ensuring good sleep, nutrition, physical activity, and social connections.

The problem with the current medical system, particularly with new pharmaceuticals, is that about half of the drugs are ineffective, and the other half often come with serious side effects. This issue extends to the misuse of

antibiotics, where approximately 70% of prescriptions are incorrect, leading to increased drug resistance. This is a critical area where our society is making significant mistakes.

You've touched on a variety of issues within the medical system. Can you expand on your approach to tackling these problems?

We apply a rigorous scientific approach to everything we do, which means that many new, untested treatments do not pass our scrutiny. For instance, we are highly critical of procedures like non-emergency angioplasty, which has been shown to be ineffective or even harmful.

Our strict adherence to science and best practices sets us apart. We are entirely dedicated to our members, the patients, without any conflict of interest from the medical, pharmaceutical, or device industries. Our primary goal is to navigate our members safely through the medical landscape, avoiding unnecessary and potentially harmful treatments. This dedication to patient-centred care is what drives our work every day.

Besides healthcare, you're known for your expertise in investment migration and global citizenship. How did you venture into this field, and how does it relate to your work in healthcare?

My interest was sparked during my childhood in Switzerland, a time and place far removed from the struggles many face around the world. A vivid memory that stands out is the hunger crisis in Ethiopia, which was a stark contrast to the prosperity of Switzerland. I couldn't help but wonder, if I had been born in Ethiopia, how vastly different my life would have been.

This realisation that your birthplace can significantly dictate your life's path made me think deeply about global inequalities and mobility. As I grew older and had the opportunity to travel, study, and work abroad, I saw firsthand the limitations imposed by borders and how the quality of one's passport could affect their freedom to move and live. It struck me how something as arbitrary as the place of birth could limit one's life opportunities so drastically.

This awareness led me to explore how having multiple passports or residencies could enhance a person's freedom and options. Throughout my travels, I met people who were significantly restricted by their nationality, like South Africans who faced stringent visa requirements. This contrast to my own experience made me realise the importance of providing solutions for greater mobility. Thus, I delved into helping individuals obtain alternative residences and citizenships, aiming to equalise opportunities and empower people beyond the circumstances of their birth.

That's quite insightful. So, your professional journey in this field is closely tied to your personal experiences and reflections on global mobility and inequality?

Precisely. My personal experiences laid the foundation for my professional journey. Witnessing the disparities in global mobility and understanding the profound impact of one's birthplace on their life chances drove me to this field.

Both healthcare and global citizenship reflect core aspects of our lives: health and freedom. I'm passionate about both because they significantly affect individual well-being and options in life. By addressing these areas, we help people lead healthier, more secure lives, enriched with opportunities.