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Zhilian obtained her BEng(Bioengineering) (Hons)with a minor in Economics from Nanyang Technological University (NTU) in 2011. She then worked as a Management Associate at the National Skin Centre for a year before embarking and obtaining her MPH, DIC (Masters of Public Health) from Imperial College, London in 2013. Prior to rejoining NTU as a PhD candidate in 2015, Zhilian worked as a Health Services Researcher at Eastern Health Alliance where her job scope includes data analysis, planning study designs and consultation to evaluate community interventions and conduct management analytics.

Zhilian is currently a PhD candidate under the Interdisciplinary Graduate school. Her research interests center around providing predictive, preventive and personalized interventions for patients with Type 2 Diabetes Mellitus. She will also be looking at utilizing technology to solve health complexity problems. She has particular interest in evidence-based interventions and methodologies that could inform or better population health.