

**The Faculty of Medicine of Harvard University  
Curriculum Vitae**

**Date Prepared:** November 27, 2023  
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Occupational and Environmental Medicine  
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**Education:**

08/1989- 06/1991	AA	General Studies	Grossmont College, El Cajon, California
08/1991- 06/1994	BS	Psychology	Southeast Missouri State University, Cape Girardeau, MO
08/1994- 08/1996	MEd	Physical Education-Sport Science	University of Idaho, Moscow
08/1995- 06/1998	Certificate	Pre-Medical	Loyola University, Chicago
08/1998- 12/2004	MD	Medicine	National University of Ireland-Dublin, School of Medicine
2010	Certificate	Aerospace Medicine	United States Air Force School of Aerospace Medicine
5/2013	MPH	Healthcare Policy and Management	Harvard School of Public Health, Air Force Institute of Technology

**Postdoctoral Training:**

06/2006- 07/2009	Intern and Resident	Family and Community Medicine	University of California, San Francisco, Fresno, CA
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06/2013- 07/2015	Resident	Aerospace Medicine	United Air Force School of Aerospace Medicine, Fairborn, OH
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**Faculty Academic Appointments:**

2018-2023	Instructor	Preventive Medicine	Mayo Clinic College of Medicine and Science
2023-	Instructor	Medicine	Harvard Medical School

**Appointments at Hospitals/Affiliated Institutions:**

2018-2023	Physician	Preventive Medicine	Mayo Clinic Health System
2023-	Physician	Medicine, Division of Occupational and Environmental Medicine	Cambridge Health Alliance

**Other Professional Positions:**

2009-2010	Staff Physician	United States Air Force, Mountain Home AFB, Idaho
2010	Flight Surgeon	United States Air Force Mountain Home AFB, Idaho
2011-2021	Flight Surgeon	United States Air Force Deployed Flight Surgeon Overseas tours
2018-2021	Flight Surgeon	Air National Guard, Sioux Falls, SD
2021- Current	Chief of Aerospace Medicine	United States Air Force Reserves, Minneapolis, MN

**Major Administrative Leadership Positions:**

**Local**

2023-	Associate Medical Director, Occupational and Environmental Medicine	Cambridge Health Alliance
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**National**

2010-2011	Chief, Aerospace Medicine	United States Air Force, Mountain Home AFB, Idaho
2011-2012, 2015-2016		Deployed overseas
2011-2012	Flight Commander, Aerospace Medicine	United States Air Force, Mountain Home AFB, Idaho

2015-2016	Chief of Aerospace Medicine	United States Air Force, Vance AFB, OK
2016-2018	Chief and Flight Commander, United States Air Force	McChord AFB, Washington
2018-2023	Chair, Occupational Medicine	Mayo Clinic Health System

**Committee Service:**

**National**

2001 2006	National University of Ireland-Dublin	Treasurer Representative
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**Professional Societies:**

2010- 2015- 2015-2021	Aerospace Medicine Association	Member Delegate Chair, Nominating Committee
2010-	Association of Military Surgeons of the United States	Member
2010-	Society of US Air Force Flight	Member
2013-2014	United States Air Force, Aerospace Medicine Residency Council	Resident Member
2013-2015	United States Air Force, Aerospace Medicine	Delegate, Aerospace Medicine Association
2014-	Aircraft Owners and Pilots Association	Member
2014-2015	United States Air Force, Aerospace Medicine Association Public Health Committee	Delegate, Aerospace Medicine Association
2015-	American College of Preventive Medicine	Member
2015-	American Medical Association	Member
2016-2020	Airlift/Tanker Association	Member
2006-	American Academy of Family Medicine	Member
2019- 2019-	American College of Occupational and Environmental Medicine	Member Member at Large, Council of Education and Academic Affairs
2019-	Association for Occupational Health Professions	Member

**Honors and Prizes:**

2002	Dean's Special Recognition Award	National University of Ireland-Dublin
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2009	Family Medicine Resident of the Year Award	University of California-San Francisco
2011	Air Combat Command Award for Clinical Excellence-Company Grade Officer of the Year	United States Air Ford
2012, 2015, 2018, 2021	Meritorious Service Medal	United States Air Force
2016	Air Mobility Command Award for Command Flight Surgeon of the Year	United States Air Force

### **Report of Local Teaching and Training**

#### **Teaching of Students in Courses:**

2013	Leadership Development Course Public health students	Harvard School of Public Health 2 hr/week
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#### **Clinical Supervisory and Training Responsibilities:**

2019-2023	Preceptor Family Medicine Residents	University of Minnesota and Mayo Clinic Programs 200 hr/year
2023-	Preceptor Occupational medicine residents	Harvard Occupational Medicine Residency 10 hr/week

### **Report of Clinical Activities and Innovations**

#### **Past and Current Licensure and Board Certification:**

2008-	California Licensure
2009-	Minnesota Licensure
2010-	Idaho Licensure
2011-	American Board of Family Medicine
2015-	American Board of Preventive Medicine (Aerospace Medicine)
2019-	American Board of Preventive Medicine (Occupational Medicine)
2023-	Massachusetts Licensure

## **Practice Activities:**

2023- Ambulatory Attending Occupational Health Clinic, 30 hours/week  
Cambridge Health Alliance

## **Report of Scholarship**

### **Peer-Reviewed Scholarship in print or other media:**

### **Research Investigations**

1. **Tontz RC.** You're the Flight Surgeon. Sore left wrist. *Aerosp Med Hum Perform.* 2015 Jun; 86 (6):574-7 PMID: 26099133 DOI: 10.3357/AMHP.4086.2015

### **Case reports**

Tontz, R. A Case Report: Neurocognitive Decline in a Recreational Pilot with Obstructive Sleep Apnea; *The Federal Air Surgeon's Medical Bulletin* 2915; 53(2)

### **Professional educational materials or reports, in print or other media:**

Tontz R: Ask the Doctor. MEDWATCH Television program, 2009

Tontz, R: Spreading His Wings, Harvard School of Public Health Newsletter, 2013