

Thomas Davis

Chief Technology Officer

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Profile

Hands-on CTO and technical co-founder with 20+ years building and scaling healthcare SaaS in regulated environments. Still ships production code daily, using AI-assisted development to increase velocity and retire substantial tech debt. Signature outcomes include cutting infrastructure spend from \$30k to \$3k/month on AWS and leading SOC 2 and HIPAA compliance from zero to certification.

Experience

Chief Technology Officer · Stay Healthy Zone (Nutrio until 2024 rebrand)

Aug 2012 – Present

Fort Lauderdale, FL, USA

Technical co-founder and hands-on CTO reporting to the CEO. Relaunched Nutrio in 2012 after eDiets' bankruptcy and led technology through the 2024 rebrand to Stay Healthy Zone. Owned the full technology budget and tech roadmap for a multi-tenant healthcare SaaS platform serving roughly a dozen integrated B2B clients, including large accounts with tens of thousands of users; joined sales when prospects' engineering teams evaluated stack and integrations.

- Leveraged AI-assisted development to accelerate delivery and pay down substantial tech debt in a decade-old codebase.
- Re-platformed infrastructure from Windows colocation (\$30k/mo) to AWS managed services (\$3k/mo)—about a 90% cost reduction—while improving scalability and reliability.
- Directed company-wide SOC 2 and HIPAA compliance initiatives, implementing security controls, audit processes, access governance, and PHI protections; ran ongoing external attack-surface testing with Detectify.
- Developed and deployed machine-learning models to detect signals of depression and self-harm in non-confidential messaging.
- Architected and migrated legacy Java monolith to Ruby on Rails service-based architecture, accelerating development cycles and improving maintainability.
- Built CI/CD pipelines enabling weekly one-click, zero-downtime production releases.
- Maintained multi-year stretches without production outages; kept a detailed incident log of causes, resolutions, and preventive follow-ups.
- Built and shipped a React Native iOS app for the Stay Healthy Zone product.
- Recruited and led an engineering team of up to six while remaining a daily production contributor; grew an early junior hire into senior lead who mentored later engineers.
- Implemented Spanish localization across the website, React Native iOS app, and web services.
- Established TDD-based engineering culture with automated test coverage metrics and structured peer code reviews.
- Owned enterprise client API integrations end-to-end—from delivery through production health—via RESTful web services.

Lead Software Engineer · Medialets

Jun 2009 – Aug 2012

Remote (New York, NY, USA)

Remote lead engineer for a New York-based iOS advertising SDK company (predating Apple's ad network). Led a team of four developers.

- Built an App Store scraper at iOS launch when no public APIs existed— emulating a device and exchanging Protocol Buffer messages.
- Led delivery of internal and client-facing dashboards for advertising campaign control.
- Hired and led a team of four; one engineer followed from Nutrio.

Chief Technology Officer · Nutrio (acquired by eDiets)

Dec 1999 – Nov 2008

Fort Lauderdale, FL, USA

Technical co-founder and CTO. Built the initial B2B Java SaaS product as sole developer (Windows Server, IIS, Microsoft SQL Server), then scaled engineering through the 2006 acquisition by eDiets— leading development, database, QA, and operations for the combined B2C platform, including PCI-scoped payment flows.

- Designed and shipped the core Java platform as sole developer; the system continued serving clients through 2017.
- Led technical due diligence and system integration for the 2006 acquisition by eDiets.
- Consolidated application architecture, databases, and operations post-acquisition while leading development, database, QA, and ops departments.
- Hired and mentored high-performing engineers, several of whom later joined Stay Healthy Zone.
- Integrated the ESHA nutrition platform to enable in-house meal planning product development.
- Introduced organization-wide version control (Visual SourceSafe → Subversion) and formalized development lifecycle practices.

Chief Architect · HotOffice (originally LinkStar)

1995 – 1999

Boca Raton, FL, USA

Technical co-founder and chief architect for an early web collaboration platform that evolved from an Internet yellow pages into a suite for document sharing, chat, calendar, and email.

- Built the initial product in Perl on IBM AS/400, then re-architected it as a Java application on Sun SPARC—an early precursor to modern workspace suites such as Google Workspace.
- Published technical articles in Dr. Dobbs's Journal and JavaWorld.
- Earned Java Certified Engineer certification.

Technical Skills

Cloud & DevOps	Amazon Web Services (AWS), Google Cloud Platform (GCP), Docker, CI/CD, Unix/Linux, Shell Scripting
Backend	Ruby on Rails, Java, PostgreSQL, OpenSearch, RESTful APIs, Applied ML
Frontend / Mobile	React, React Native
Security & Compliance	SOC 2, HIPAA, PCI
Architecture	Distributed Systems, Service-based architecture

Education

Bachelor of Arts in Music Composition

1994

Florida State University

Concurrent paid Systems Administrator at the Center for Music Research — managed UNIX (SunOS) servers and cross-platform computer labs (Windows/DOS and Macintosh).