Commit to Your Health!
The Mount Sinai Fit Personal Wellness Team Is Here for You!

Jennifer Kartashevsky, RD, CDE, CDN

Priyasha Uppal, PharmD, BCPS, CDE Clinical Pharmacy Specialist

Maria Fraga RD, CDE Personal Nutrition

☐ Are you interested in knowing how to choose foods that make you feel good, taste good, and help you maintain a healthy weight?

Speak with a personal nutritionist to create your ideal eating and lifestyle plan.

☐ Are you at risk for developing or living with diabetes and would like to speak with a clinical pharmacist?

Speak with our Diabetes Wellness Team, including a nutritionist and clinical pharmacist: Your pharmacist will discuss the purpose and use of your prescriptions and optimize your care.

☐ Do you wish you were more active?

Talk with one of our clinicians about an exercise program you can do at home or almost anywhere.

☐ Are you still smoking and trying to stop?

Speak with a smoking cessation coach for help now.

Meet with your own personal wellness team—a nutritionist, pharmacist, and personal trainor. All here to help you take care of you.

To make an appointment, email wellness@mountsinai.org

Mount Sinai Wellness services for employees and faculty: mountsinai.org/about/ms-fit