Members of the Information Technology Department Establish a Wellness Practice

Mount Sinai Fit spoke with Information Technology (IT) employees Anitha Raveendran, Tonya Dunn, Emma Fawcett, Michele Ganesan, Lillian Mason, Darryl Hollar, and Jill Carroll from the IT Department about their health journey and how they worked together to develop a wellness initiative.

How did you know about the wellness services available to your employees?

Anitha Raveendran: As a manager of Mount Sinai Fit, I presented this free wellness service available to all of the IT service assistants during a department meeting. However, I wasn't quite sure if I'd actually be able to get motivated. Once I listened to the wellness program officers—which included personal nutrition services and the digital collaboration and wellness programs—Mount Sinai Health—Health Facts and resources to get started immediately signed up for an appointment with Mina Dunn, RN.

Tonya Dunn: I was able to find the information on the Mount Sinai Health System employee portal and contact the wellness representatives to find out more about the program.

Emma Fawcett: As a workgroup being attended for nutrition services, I decided to explore these services. I had an initial consultation with a registered dietitian at the Dirt Road corporate office, and I now use these services to stay healthy and motivated.

Michele Ganesan: I am a Blue Mesa Health team member and have been involved in this program with my physician. I also received information on this program through my job.

Lillian Mason: I am a Blue Mesa Health employee and was inspired to join in the program by my work colleagues and the desire to improve my overall health. They shared success stories and motivated me to join.

Darryl Hollar: I was very interested in learning more about the benefits of the Mount Sinai Calm and Fit program and how it could help reduce stress and anxiety. I reached out to a colleague who had previously participated in the program, and they shared their positive experience with me.

Jill Carroll: I joined the program because it was an opportunity to improve my health and well-being. I wanted to learn more about the benefits and how it could help me reach my health goals.

Anitha Raveendran: Given the success of the pilot program, we have opened it up to all Mount Sinai Health employees who are interested in participating.

What effect has this initiative had on the IT department?

Anitha Raveendran: As a workgroup being attended for nutrition services, I decided to explore these services. I had an initial consultation with a registered dietitian at the Dirt Road corporate office, and I now use these services to stay healthy and motivated.

Tonya Dunn: I have been able to significantly reduce my weight and improve my overall health and fitness levels by participating in the program. I have also been able to make healthier food choices and exercise regularly.

Emma Fawcett: I have lost 12 pounds and have improved my blood sugar levels. The program has been very motivating, and I have been able to make positive changes in my lifestyle.

Michele Ganesan: I have maintained a healthy weight and improved my blood pressure. The program has provided me with the necessary tools to make sustainable lifestyle changes.

Lillian Mason: I am a Blue Mesa Health team member and have been involved in this program with my physician. I have improved my overall health and fitness levels by participating in the program.

Darryl Hollar: I have made significant progress in improving my health and well-being by participating in the Mount Sinai Calm and Fit program. I have been able to reduce my stress levels and improve my physical fitness.

Jill Carroll: I have been able to improve my overall health and wellness by participating in the program. I have been able to reduce my stress levels and improve my physical fitness.

Anitha Raveendran: We have even seen improvements in the work environment as employees have shared their success stories and motivated each other. We have created a positive culture of health and wellness.

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Mount Sinai Health System’s Wellness Program Launches

Break your Peak Wellness Challenge

More than 3,000 Mount Sinai Health System employees and families grouped into 65 teams are participating in a 3-week wellness challenge, called Reach Your Peak—a new initiative. Jonathan Amalgam, Program Coordinator, Development and Entrepreneurship, Mount Sinai Health System, explained, “The purpose is to educate employees about the health benefits of exercise and encourage them to participate in various activities such as yoga, Pilates, or tai chi, two or three days per week. We hope that participants will learn to pay attention to their bodies and make healthier choices.”

The campaign runs from August 7 to August 25. The team with the highest average step count each day will win the challenge.

**Break on 9A**

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“The breakfast is known as a healing and bonding space for all where creating wonderful opportunity to connect with staff across the Health System and Learning, is the Captain of Team TDL: Trainers in Training. “My role as a librarian is to offer the appreciative reader accessibility to a world of immersion and delight. If you have been out of the reading game for a while, it might be time to think about what format works best for you. As a librarian, I am frequently asked if I prefer one medium over another. There are advantages and disadvantages to both print and e-books. Book readers were found to live almost two years longer than non-readers, according to Research. New York Times.

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