



A registered dietitian who is a certified diabetes care and education specialist will collaborate with you to create a personal nutrition plan.



To enroll in the Diabetes Care Program, please email us at wellness@mountsinai.org or call 646-605-7716.

For more information please visit www.mountsinai.org/about/wellness/diabetes

Mount Sinai Health System's Employee Wellness Diabetes Care Program

My Healthy Eating Plan Name _____

Sweets

Avoid

- Juices
- Sodas
- Candy
- Ice Cream



Replace with*

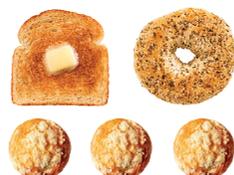
- Unsweetened Coffee/Tea
- Mineral Water/Club Soda
- Whole Fruit (Apple/Orange)
- Low-Fat Plain of Greek Yogurt with 1/2 Cup of Strawberries or Blueberries
- Sugar-Free Jello



Carbohydrates/Starches

Avoid

- Muffins
- Bagels
- White Bread
- White Rice
- Fries
- Plantains
- Cassava



Replace with*

- 1 slice of Whole-Wheat Toast
- 1/2 Cup of Oatmeal
- Fresh Fruit
- 1/2 Cup of Beans
- 1 Cup of Squash
- 1/2 Cup of Peas
- Side Salad
- Baked Potato
- Sweet Potato



Snacks

Avoid

- Crackers
- Donuts
- Chips
- Cakes/Cookies

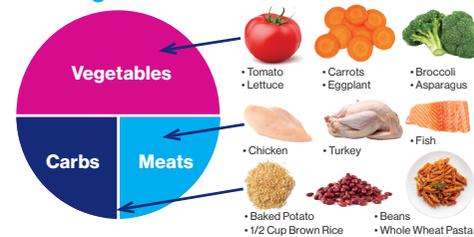


Replace with*

- 4-6 Whole-Grain Crackers
- 1 Whole-Grain Tortilla
- 100-Calorie Packs of Popcorn
- 1/4 Cup of Unsalted Nuts
- 2 Tablespoons of Hummus
- Sliced Fresh Vegetables



Building Your Palate



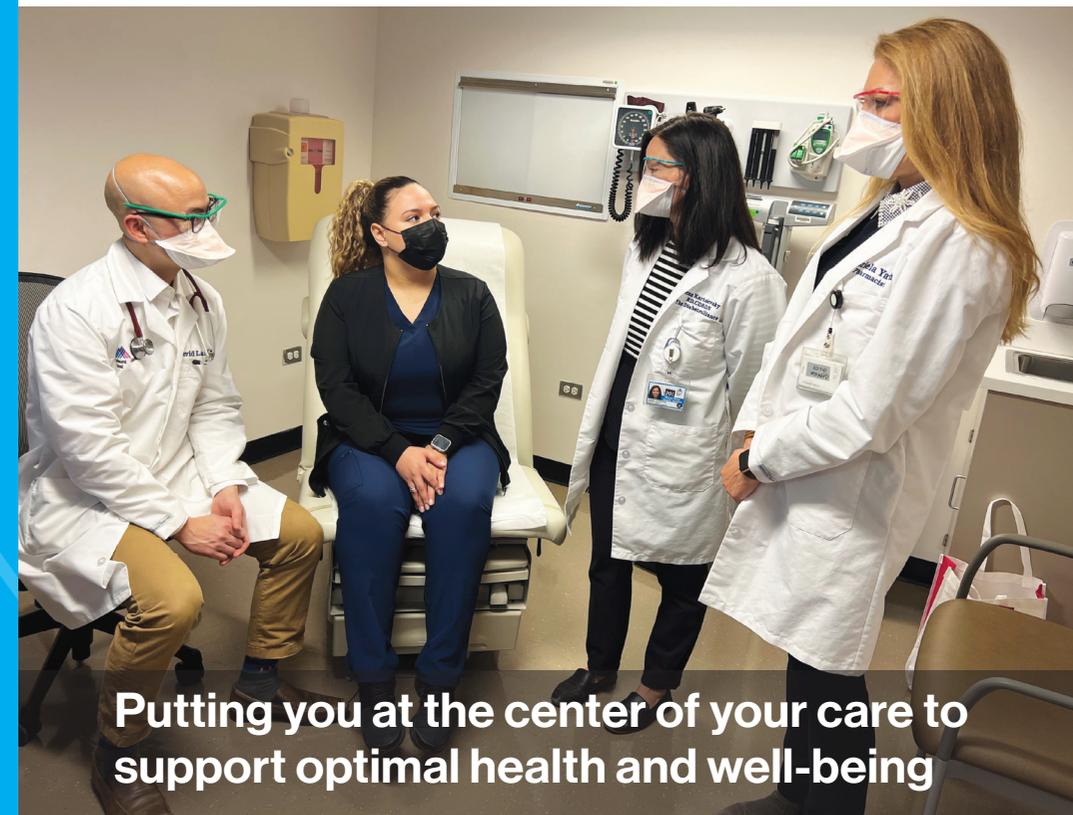
Always

- Drink Plenty of Water
- Consume Alcohol in Moderation



Mount Sinai

* Talk to a Nutritionist about the appropriate serving sizes for you
For more information go to:
<https://www.mountsinai.org/about/wellness/nutrition>



Putting you at the center of your care to support optimal health and well-being



A personal care team is here to support you in achieving your highest level of health

The Diabetes Care Program is a health promotion program that offers non-bargaining unit faculty and staff and their eligible dependents the coordinated efforts of a personal care team a Mount Sinai physician, clinical pharmacist, and nutritionist to improve each participant's overall health and well-being.

As a member of the Diabetes Care Program, you will be assigned a clinical pharmacist.



Your pharmacist will review your medications and key diabetes goals such as blood sugar levels, blood pressure, and cholesterol with you, and work with your health care team to:

- Ensure you are prescribed an effective and easy to follow treatment plan and
- Coordinate home delivery of your medications at a cost effective price

In a virtual care visit, the clinical pharmacist can help coordinate prescriptions with the Mount Sinai Specialty Pharmacy. Using this pharmacy may help you save a significant amount of out-of-pocket expenses for diabetic medications and testing supplies and save time by getting medications and supplies delivered to your home or work place.

A registered dietitian who specializes in diabetes care and education will create a delicious and nutritious customized meal plan with you, and will:

- Review your blood sugar levels, your A1C, weight, blood pressure, and cholesterol with you and your medical team
- Assess the condition of your lower extremity and feet, and help you coordinate annual wellness tests to protect your kidneys, eyes, and feet
- Teach you how to monitor your blood sugar levels and review your goals for optimal control
- Guide you on how you can best manage your diabetes, and with your medical team enhance the quality of your everyday life and overall health

You may also be eligible to receive advanced diabetes technology to help you self-manage your diabetes, such as a cloud-connected blood glucose meter or a continuous glucose monitor. Your diabetes health care team will help evaluate if these may be appropriate for your care.

Lower your A1C levels, blood pressure, cholesterol and weight by participating in the Diabetes Care Program

Many Mount Sinai employees who participate in the Diabetes Care Program experience improvements in their health, including weight loss and reductions in blood sugar, blood pressure, and cholesterol levels. In addition, faculty and employees who participate often say they enjoy using the technology they receive to monitor and share their blood glucose levels with their medical team.



How do I start?

1 STEP 1

As an employee/ faculty member you may self-refer or receive a referral from your physician or the physician who manages your diabetes to sign up

2 STEP 2

Meet with your clinical pharmacist, registered dietitian, and Mount Sinai physician to learn about your medicines and adopt healthy habits for exercise, meals, and a smoke-free lifestyle

3 STEP 3

Feel better– Seeing and feeling the effects of your new lifestyle will motivate you to continue

Center for Stress, Resilience and Personal Growth

Through the Diabetes Care Program, we can connect you to Mount Sinai's Center for Stress, Resilience, and Personal Growth. This program offers immediately accessible and highly confidential behavioral health care to Mount Sinai faculty, staff, and trainees. It provides one-on-one care for a variety of concerns, such as burnout, anxiety, depression, and stressful life circumstances, which can include chronic medical illness and its complexity of care.

The services are flexible, to meet your unique needs, and include evidence-based therapy and medication management, delivered over a secure telehealth platform or in person. Most employees can receive the first 14 visits without any out-of-pocket cost. Employees may continue beyond the 14 sessions, though a co-payment may apply.