



## 2025 EMPLOYEE NUTRITION & WELLNESS COACHING

### Frequently Asked Questions

QUESTIONS	ANSWERS
1. What is the purpose of the new Nutrition & Wellness Coaching program?	<p>The purpose of the Nutrition &amp; Wellness Coaching (NWC) program is to offer faculty and staff coaching that supports health and well-being through knowledge about nourishing foods that taste good and become part of a lasting daily self-care routine. Through one-on-one coaching you will experience a comprehensive stepwise approach to weight management, starting with therapeutic lifestyle change. You will have the opportunity to collaborate with your dietitian for a period of two years to support long-term change.</p> <p>As a participant in the NWC program, you will have access to quality care from a Mount Sinai Health System (MSHS) Registered Dietitian who is a Certified Diabetes Education and Care Specialist. Your Registered Dietitian works hand in hand with your medical team to support you in achieving your health goals. Your Registered Dietitian can also assist you in identifying a Mount Sinai physician and other providers who can support you/your family with your health care needs.</p>
2. Who is eligible to participate in NWC?	<p><b>Faculty and Staff</b> To participate in NWC, faculty, staff and their eligible dependents must meet the following criteria:</p> <ul style="list-style-type: none"> <li>• A body mass index (BMI) of 25 or higher</li> <li>• A personal desire to make nutritional lifestyle changes</li> <li>• Be enrolled in the Mount Sinai-sponsored UMR health plan</li> </ul> <p><b>Dependents</b></p> <ul style="list-style-type: none"> <li>• Must meet the above criteria</li> <li>• Be 19 years of age or older</li> </ul>
3. Who is NOT eligible to participate in the NWC?	<p>The following are ineligible for NWC:</p> <ul style="list-style-type: none"> <li>• Faculty, staff, and dependents who are pregnant</li> </ul>
4. What if I do not have UMR insurance but want to meet with a dietitian?	<p>If you do not have UMR insurance and would like to meet with a Mount Sinai Health System dietitian, Kristen Nicolai will meet with you for an initial nutrition assessment and nutrition education and counselling. You will receive individualized follow up, as needed. To schedule an appointment, email <a href="mailto:kristen.nicolai@mountsinai.org">kristen.nicolai@mountsinai.org</a>.</p>
5. Why should I participate in NWC?	<p>Through your participation in NWC, your dietitian will work in collaboration with your care team to coordinate care delivery to meet your healthcare needs.</p> <p>In addition to personalized nutrition counseling, your dietitian will collaborate with you on other ways you can take care of yourself. Exercise counseling will introduce ways to incorporate movement into your wellness program. Additionally, you will</p>



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	have access to our wellness initiatives, including, Mount Sinai's <a href="#">team-based walking</a> challenge, group exercise classes, body-and-breath work, and yoga and meditation.
6. How can a dietitian help me?	<p>With a registered dietitian as an integral part of your care team, you will receive the most effective advice and information about nutrition as you work together to develop your custom meal plan. Your participation has the potential to benefit your entire family. Feel free to incorporate what you are learning into how you prepare family meals.</p> <p>As part of NWC, you will learn not only how to make personal nutritional choices, but you will have the opportunity to adopt an activity plan that boosts your well-being and energy levels.</p>
7. If I am prescribed and taking a weight loss medication can I participate in the NWC Program?	Yes, if you are prescribed a weight loss medication through the internal hospital pharmacy and are enrolled in the Mount Sinai-sponsored UMR health plan, you may participate in the NWC program to support your long-term health goals.
8. How often will I meet with a dietitian?	<p>The expectation is that you will be enrolled in the program for a full 12 months to allow time for sustainable behavior change and meaningful progress toward your health goals.</p> <p><b>Suggested Nutrition Counseling Schedule:</b></p> <ul style="list-style-type: none"> <li>• Initial Assessment (30 minutes)</li> <li>• Five to six follow up sessions at intervals of two weeks, one month, three months, six months, nine months, and 12 months (30 minutes each)</li> <li>• Optional maintenance program with check-in appointments at 16 and 24 months (15-30 minutes each)</li> </ul>
9. What topics will be covered when I meet with a dietitian?	<p>Together, you and your dietitian will set goals and work to build healthy habit changes that lead to long term success.</p> <p>During sessions with your dietitian, you will learn best practices related to healthy eating patterns, determine ways to incorporate these patterns into your daily life, and discuss strategies to overcome barriers to achieving and maintaining lifestyle changes.</p> <p>Each person will receive tailored coaching and education, including some of the following healthy dietary patterns that will be emphasized during sessions, including:</p> <ul style="list-style-type: none"> <li>• Building balanced meals and snacks</li> <li>• Utilizing meal planning strategies to facilitate success</li> <li>• Focusing on lean protein</li> </ul>



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	<ul style="list-style-type: none"> <li>• Increasing fiber from plant-based foods with emphasis on non-starchy vegetables, fruit, and legumes</li> <li>• Incorporating heart healthy fats and limiting saturated fats</li> <li>• Limiting added sugar and processed foods</li> <li>• Hydrating adequately</li> <li>• Eating mindfully</li> <li>• Making healthy snack choices</li> <li>• Eating seasonally</li> </ul>
10. Will my dietitian help with setting exercise goals?	Your dietitian will provide education and exercise guidelines to support weight loss and optimize your well-being. Your dietitian can also help support you in making behavior change around exercise. You will receive movement resources, such as links to free exercise videos, content and fitness apps based on your individual interests and needs. Your dietitian can also assist you in registering for the One Mount Sinai Reach Your Peak Steps Challenge.
11. Will I have access to calorie tracking or fitness apps as part of NWC?	<p>If you are interested in using a calorie or fitness tracking app at your dietitian's recommendation, you can download one of the following free apps in the Apple App Store or on Google Play:</p> <ul style="list-style-type: none"> <li>• MyFitnessPal</li> <li>• Chronometer</li> <li>• The Mindful Eating Coach</li> <li>• Apple Health</li> <li>• Nike Training Club</li> <li>• FitOn</li> </ul>
12. Will I receive access to mental health resources as part of NWC?	<p>Through partnership with Mount Sinai's <a href="#">Center for Stress, Resilience and Personal Growth (CSRPG)</a>, you can receive confidential, individual behavioral telehealth care. The CSRPG provides cognitive behavioral therapy and can help you build healthy coping skills.</p> <p>Your dietitian can place a referral with CSRPG for you, or you can reach out directly to CSRPG using the <a href="#">patient self-referral form</a> or calling 212-659-5564. When you contact them directly, please let the CSRPG team know you are part of the NWC program.</p>
13. Where are Mount Sinai Registered Dietitians located?	For your convenience, your registered dietitian can provide care virtually via video conference call (such as Zoom), by telephone, or during in-person visits that can be arranged as needed at several Mount Sinai locations.
14. How do I get started with NWC?	To get started, email the Mount Sinai Wellness team to schedule your initial appointment:



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	<ul style="list-style-type: none"> <li>Email <a href="mailto:wellness@mountsinai.org">wellness@mountsinai.org</a>, using the subject line “New Referral”</li> <li>Ask your Mount Sinai physician or pharmacist to refer you to the NWC</li> </ul>
15. When can I start participating in NWC?	As soon as your NWC eligibility has been confirmed, you can start scheduling your appointments to meet with the program’s dietician.
16. Is there a registration deadline for NWC?	No. There is no deadline to register. Whenever you’re ready, you may register for NWC.
17. Is there a cost to participate in NWC?	A co-pay of \$10 will be charged for each nutrition session. The balance of cost is covered by your UMR health plan.
18. Where can I find information about weight management for faculty, staff, and dependents?	<p>The <a href="#">Mount Sinai Wellness website</a> has information about Mount Sinai Calm and Fit programs designed to help you take care of yourself. The website is for the members of our community of employees and their loved ones.</p> <p>Visit the website for information about <a href="#">diabetes care and weight management</a>, <a href="#">nutrition</a>, <a href="#">smoking cessation</a>, how to <a href="#">reach your peak</a> through daily walking and exercise, as well as <a href="#">Calm offerings</a> including yoga, and meditation, available to you and your <a href="#">loved ones</a>.</p> <p>To receive Mount Sinai Calm information, email <a href="mailto:4Calm@mountsinai.org">4Calm@mountsinai.org</a>.</p>
19. Where can I find healthy meal and snack ideas?	<p>The Mount Sinai <a href="#">Wellness website</a> has many great nutrition resources that you may access at your convenience on the <a href="#">nutrition webpage</a> where you will find:</p> <ul style="list-style-type: none"> <li>Mount Sinai cookbooks</li> <li>Healthy snack options</li> <li>Meal plans to support weight loss and heart health</li> <li>Recipes for healthy meals</li> <li>Tips on how to eat more mindfully</li> <li>Shopping lists to support easy meal planning</li> </ul>
20. What if I have questions about NWC?	If you have questions about the Nutrition & Wellness Coaching program, your well-being, or other wellness offerings, or if you would like help to coordinate your initial appointment please email <a href="mailto:wellness@mountsinai.org">wellness@mountsinai.org</a> .