

# Commit to Your Health!

The Mount Sinai Fit  
Personal Wellness Team  
Is Here for You!  
Employees at 150 E42<sup>nd</sup> St.



Jennifer Kartashevsky,  
RD, CDE, CDN

- 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?*

Start 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.



Priyasha Uppal,  
PharmD, BCPS, CDE  
Clinical Pharmacy  
Specialist



Maria Fraga RD, CDE  
Personal Nutrition

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

To make an appointment, email [wellness@mountsinai.org](mailto:wellness@mountsinai.org)

Mount Sinai Wellness services for employees and  
faculty: [mountsinai.org/about/ms-fit](https://mountsinai.org/about/ms-fit)