

TO: All Faculty and Staff

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DATE: March 4, 2020

RE: New Diabetes Care Program

We are pleased to announce that Mount Sinai Health System is offering a new health promotion program to all faculty, employees, and eligible dependents* enrolled in the Mount Sinai Health System UMR/ CVS employee health and prescription plan who have been diagnosed with diabetes or have a hemoglobin A1c blood level greater than or equal to 6.5 percent.

This new offering, known as the Diabetes Care Program, is designed to help you live better with diabetes and improve your overall health and well-being.

The Diabetes Care Program will give you access to quality, coordinated diabetes care and services. As a participant in the Program, you will have Mount Sinai Health System diabetes physicians, pharmacists, and nutritionists as part of your personal diabetes medical team. You will receive individualized counseling from a clinical pharmacist and a registered dietitian who is a certified diabetes educator, as well as personalized medication delivery from the Mount Sinai Pharmacy.

To participate in the Diabetes Care Program, you must have one or more visits with the following Mount Sinai health care providers:

- **Mount Sinai Physician:** An internal medicine physician or a diabetes specialist (an endocrinologist) helps ensure you get the most up-to-date diabetes treatment. Your Mount Sinai physician will work with a team of Mount Sinai diabetes care clinicians to support you in managing your overall health.
- **Mount Sinai Pharmacist:** A pharmacist will work with your Mount Sinai physician to ensure you are prescribed the most effective medication regime. Your pharmacist will help you understand the purpose and use of your diabetes prescriptions and

work with you to choose medication delivery based on your personal preferences—to your workplace or for pickup at the pharmacy.

- **Mount Sinai Registered Dietitian:** A registered dietitian will be part of your care team, advising you about nutrition as a component of your diabetes care and working with you to develop a custom meal plan. You will learn how to make nutritional choices and adopt an activity plan to help boost your energy. Participants may take advantage of unlimited consultations with a registered dietitian.

As a participant in the Diabetes Care Program, you are also eligible to receive a free, easy-to-use touch-screen glucometer that measures your blood sugar and gives you useful information to help you stay within healthy ranges. The meter works much like an app, allowing you to share your blood sugar levels with your health care team—it keeps a log of your numbers so you don't have to—and reaches out to you as needed to offer supportive coaching. You will also receive unlimited supplies, including test strips and lancets, at no cost.

To participate in the Diabetes Care Program or for more information, please email wellness@mountsinai.org or call 646-605-7716.

You will also find answers to frequently asked questions on the Diabetes page of the Mount Sinai's [Wellness website](#).

* Note: The Diabetes Care Program applies to eligible active Mount Sinai Health System employees and dependents enrolled in a Mount Sinai-sponsored UMR/CVS benefit plan who are 19 years of age or older. Students and employees covered by a bargaining unit medical plan are not eligible for this Program.