

Board Candidate – Board Chair 2024-2025

Sally Mravcak, MD



Vanguard Medical Group

Dr. Sally Mravcak is a graduate of Rutgers, Robert Wood Johnson Medical School and completed a residency in Family Medicine at Somerset Medical Center. She also completed a fellowship in Women’s Health at Rutgers Robert Wood Johnson Medical School and training in Medical Acupuncture at Helm’s Medical Institute. She is board certified in Family Medicine, Integrative Medicine, and Medical Acupuncture. Dr. Mravcak is currently the medical director of the Jersey City site of Vanguard Medical Group and acts as the director of quality on Vanguard’s Population Health team. Prior to joining Vanguard Medical Group, Dr Mravcak worked for several years in a Federally Qualified Health Center serving New Jersey’s uninsured and underinsured populations. She is also an Assistant Professor in the Department of Family and Community Medicine at Rutgers, Robert Wood Johnson Medical School and remains active in providing education to medical students. Dr. Mravcak has authored multiple articles and has presented on both the local and national level on a variety of women’s health, behavioral health, and LGBTQ topics. Dr. Mravcak believes in providing evidence based whole person care that includes all aspects of lifestyle and draws from all appropriate therapies, conventional and alternative.

She is completing her term as President of NJAFP.