



DR. TARA NARULA

Chief Medical Correspondent, ABC News

Dr. Tara Narula is a board-certified cardiologist at Lenox Hill Hospital in Manhattan, a professor of cardiology at the Zucker School of Medicine, Hofstra/Northwell, the associate director of the Women's Heart Program at Lenox Hill Hospital, and director of communications for the Katz Institute of Women's Health. She is also a nationally recognized medical journalist and New York Times bestselling author. She is the current chief medical correspondent for ABC News reporting on health and wellness news across ABC News programs and platforms, including "Good Morning America," "World News Tonight with David Muir," "GMA3,"

ABC News' 24/7 streaming channel ABC News Live, ABC Audio and ABC Owned Television Stations across the country.

Dr. Narula also has extensive experience working as a medical correspondent and contributor for more than a decade at numerous television networks and publications, including CBS, CNN, NBC and Oprah Magazine.

She joined Lenox Hill Heart & Vascular Institute of New York in 2010 and provides outpatient consultative care. After graduating from Stanford University with degrees in economics and biology, she was founder and CEO of her own small business, Sun Juice Inc. Subsequently, she earned her medical degree at USC Keck School of Medicine, where she graduated with Alpha Omega Alpha society honors.

Dr. Narula completed her residency in internal medicine at Harvard University/Brigham and Women's Hospital, and her fellowship training in cardiology at New York Presbyterian-Weill Cornell Medical Center. She is currently a fellow of the American College of Cardiology (FACC). Dr. Narula serves as a national spokesperson for the American Heart Association and their "Go Red for Women" initiative. She is co-director of a mentoring program for women in medicine called FaceofCardiology, which serves to help guide women pursuing possible careers in cardiology.

She is a recipient of a 2022 Emmy® Award for Outstanding Live News Program ("CBS Mornings"), the 2019 WomenHeart Nanette Wenger Award for Media and the Super Doctors Award for NYC 2014-2026. She is also the 2026 recipient of the American Heart Association Voice of the Mission Award.

Her interests include women's health, prevention, mental health and resilience. Her New York Times bestselling book, "The Healing Power of Resilience," offers a science-based approach to living well that bridges the gap between physical and mental health, showing how resilience is key to both.