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Tarnovsky joined New York City Health and Hospitals Corporation (HHC) in 2008 as breakthrough facilitator and training/development consultant in the South Manhattan Healthcare Network organization and staff development department. In 2012, he became breakthrough deployment officer at HHC's Bellevue Hospital Center. Tarnovsky's experience in breakthrough is complemented by his expertise in training delivery, team dynamics, and change management.

Tarnovsky gained lean experience in acute, ambulatory, and long-term care settings. He has conducted more than 30 rapid improvement events and five value stream analyses, and has experience with advanced lean tools. Tarnovsky holds a master's degree in industrial organizational psychology from New York University and an undergraduate degree in psychology from St. John's University.