



Three programs,
one mission:
maximizing your
health and
well-being so you
can be your best!



Vanderbilt Health & Wellness
is an award-winning benefit
that integrates innovative and
quality programming through
three comprehensive health
promotion and protection
programs to maximize the
well-being and productivity of
faculty and staff.



vumc.org/health-wellness



615-936-0961



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Suite 640 Medical Arts Building
Nashville, TN 37212



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Engaging employees
with three innovative
programs that
maximize productivity
and well-being:



Health *Plus*



Occupational
Health Clinic



Work/Life
Connections-EAP



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Health *Plus*

ADVANCING HEALTHY LIFESTYLE PRACTICES

Health *Plus* promotes your well-being by helping you establish and maintain a healthy lifestyle. Health *Plus* offers programs centered around exercise, healthy eating, and maintaining your weight, along with the award-winning Go for the Gold program, which helps you identify health risks and take action to reduce those risks.



vumc.org/health-wellness/healthplus



615-343-8943



2700 Children's Way, Suite 127
Vanderbilt Recreation & Wellness Center



Occupational Health Clinic

PROVIDING VISIONARY HEALTH PROTECTION

The Occupational Health Clinic (OHC) protects your physical health by offering immunizations, medical screenings, and injury care related to your job. The Express Care clinic is available for quickly treating minor medical problems on a walk-in basis. OHC also provides on-site events to serve employees working off the main Vanderbilt campus.



vumc.org/health-wellness/occupational-health



615-936-0955



1211 21st Ave. South
OHC - Suite 640 Medical Arts Bldg.
Express Care - Suite 112 Medical Arts Bldg.



Work/Life Connections

ELEVATING PSYCHOLOGICAL RESILIENCE

Work/Life Connections-EAP (WLC-EAP) helps you with your mental health by elevating your psychological resilience through coaching and counseling. WLC-EAP offers services devoted to faculty, physicians, nurses, and all staff. WLC-EAP can also connect you with resources to handle the various challenges that arise in life.



vumc.org/health-wellness/work-life



615-936-1327



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