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.

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

vumc.org/health-wellness
615-936-0961
1211 21st Ave. South
Suite 640 Medical Arts Building
Nashville, TN 37212

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

- Health Plus
- Occupational Health Clinic
- Work/Life Connections-EAP

Follow us on Twitter @WellVanderbilt
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

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.

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
1211 21st Ave. South
Suite 010 Medical Arts Bldg.