



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](http://vumc.org/health-wellness)



615-936-0961



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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

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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](http://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

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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](http://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

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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](http://vumc.org/health-wellness/work-life)



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