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## SUPPORT SERVICES

### FACULTY/STAFF HEALTH & WELLNESS

The Faculty/Staff Health & Wellness Program offers a variety of specialized services to support the productivity and well-being of VUMC House Staff. The program is composed of three departments:

- [The Occupational Health Clinic](#) (OHC) – (615) 936-0955; Suite 640 Medical Arts Building; Hours: Monday-Friday, 7:00am-4:30pm (after hours/weekend on-call provider available)
  - Vanderbilt Faculty/Staff Express Care – Suite 112 Medical Arts Building  
Hours: Monday-Friday 7:30 am-4:00pm
- [Health Plus](#) – (615) 343-8943; Suite 029 Medical Arts Building
- [Work/Life Connections-EAP](#), including the Faculty and Physician Wellness Program – (615) 936-1327; Suite 010 Medical Arts Building; Hours: Monday-Friday, 8:00am-5:00pm (after hours/weekend answering service)

Visit [Your Well-being Navigator](#) for easy access to useful well-being resources at VUMC and within the Middle Tennessee Community.

#### 1. Occupational Health Clinic (OHC)

The Occupational Health Clinic strives to be a convenient and reliable partner in taking care of you while you care for patients. OHC offers a variety of services including:

- Minor acute care at the Express Care Clinic (Monday-Friday, 7:30am-4:00pm, Medical Arts Building, Suite 112); telehealth services available
- Work injury & illness care, including exposures, at OHC (Monday-Friday, 7:00 am-4:30 pm, Medical Arts Building, Suite 640); telehealth services available. After-hours, during holidays, or on weekends, contact the On-Call Provider at 615-936-0955.
- On-call provider for after-hours needlestick injuries: 615-875-STIK
- Pre-travel consultations for business or personal travel

Same day/next day online scheduling for minor non-work-related illnesses is available for House Staff via the MyHealth at Vanderbilt portal or through the [Health](#)

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[and Wellness Information Portal](#); or call us at 615-936-0955 to schedule an appointment.

Medical Center immunization and screening requirements may be found under [Vaccine & Compliance Services](#) on our intranet site. OHC does not charge faculty/staff for clinic visits or work-related immunizations.

To learn more about how OHC can help keep you safe and healthy, visit us on the intranet at [Occupational Health Clinic](#).

## 2. **Health Plus**

The Health *Plus* program advances healthy lifestyle practices through a comprehensive worksite health promotion program. With Health *Plus*, House Staff can find support to be more physically active, eat better, maintain a healthy weight, manage stress, and become tobacco-free. Programs and services are offered at no additional cost in a wide array of formats, times, and locations to meet the needs of VUMC's diverse population.

Here is a brief list of some of our programs and services:

- **Go for the Gold:** A three-step health incentive program including the **Health Risk Assessment**, **Wellness Actions Log** and the **Game Plan for Your Health** video. Complete all 3 steps and earn a \$240 wellness credit towards your health plan. See [Go for the Gold](#) intranet page for details.
- **[Reduce Risk](#)**
  - Diabetes Prevention Program
  - Control is the Goal (hypertension)
  - Lifestyle Coaching
  - Know Your Numbers
  - Weight Maintenance Challenges
- **[Eat Healthy](#) :**
  - Eat Well, Live Well
  - Nutrition Corner,
  - Health *Plus* Recipe Library
- **[Get Active](#):**
  - Health Plus Pacers
  - Mindful Stretch Breaks
  - Step Challenges
  - Wellness League

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- [Babies & You](#) prenatal health promotion program, and [Health Expos](#)
- [Health Plus Community Events](#)
  - Food Trucks – every Wednesday visit food trucks for breakfast and lunch
  - Farmers Market – every Thursday on the Medical Center Plaza May through October

For more information about our programs and services, contact Health Plus (615) 343-8943 or visit our [intranet site](#).

**3. Faculty and Physician Wellness Program (FPWP) of Work/Life Connections-EAP (Employee Assistance Program)**

The mission of the [FPWP](#) is to elevate psychological resilience for faculty and physicians. The FPWP offers a range of coaching and counseling services to help House Staff and their spouses address personal or work-related problems. For more information on problem areas frequently addressed and services available contact FPWP/WLC at: (615) 936-1327 (24-hour answering service) or visit the [Work/Life Connections-EAP intranet site](#) (intranet site also includes access to online, anonymous screenings for depression, anxiety, stress, substance abuse). For specific FPWP information visit the [Faculty and Physician Wellness Program](#).

Work/Life Connections-EAP administers the Faculty and Staff Hardship Fund for those who are experiencing a temporary hardship due to a significant life event. The criteria require that it be a temporary hardship and the employee must be employed full time for at least a year. The award of gift cards is intended to be a major step for the employee in the return to financial stability. For more information, visit the [VUMC Faculty/Staff Hardship Fund](#).

**4. The SHARE Center**

SHARE provides confidential counseling and consultation for VUMC faculty and staff who have been impacted by workplace sexual harassment. We also offer programming and education. For more information, visit our [intranet site](#). To make an appointment with the SHARE Center, call (615) 936-1327.

**5. Health & Wellness Information Portal**

The Health & Wellness Information Portal is a one-stop shop where faculty and staff can access information about themselves from the Health & Wellness departments. Faculty and staff can review gender/age specific prevention recommendations; access safety compliance records, immunization records, and

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blood/body fluid exposure information; schedule same-day and next-day acute care appointments (from the Occupational Health Clinic); take a confidential mental health screening (developed by Work/Life Connections-EAP); and obtain information about Go for the Gold participation status, biometric data, and activity participation (from Health *Plus*). Employees can log in with their VUMC ID and password at [HWIP](#).