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## PERSONAL HEALTH AND WELLBEING – NEW PATIENT APPOINTMENTS

To take the best care of patients, a clinician also must attend to their own health needs and well-being. VUMC, both through its own services and those of the Vanderbilt Health Affiliated Network (VHAN), provides House Staff with numerous outlets to obtain primary health care services.

If a House Staff needs to establish themselves as a new patient with a Vanderbilt primary care physician, please send an email to [pc4newHS@vumc.org](mailto:pc4newHS@vumc.org) and state that you are VUMC House Staff. You will get a reply email that may ask for any preferences you have. You also may sign up for My Health at Vanderbilt (the patient portal) and request a PCP through the portal at <https://www.myhealthatvanderbilt.com/>.

For women seeking primary care through a VUMC OB/GYN practice, please contact the access center by calling (615) 343-5700 and identify yourself as a Vanderbilt House Staff.

For newly pregnant patients, you can participate in our maternity bundle. Information is available [here](#).

VUMC health plan members now have access to a dedicated phone number for subsequent appointments or consultations — called Appointments Direct — that gives you preferred access to appointments with VUMC providers. Call (855) 724-2454 to schedule an appointment with a Tier 1 provider.

For Vanderbilt House Staff seeking providers within the Vanderbilt Health Affiliated Network (VHAN) but not specifically within VUMC, please refer to the Human Resources website, <https://hr.vumc.org/benefits>, for instructions on finding other providers within VHAN (all being Tier 1 level providers for all 3 VUMC-offered health plans).

For health care needs that are unexpected or immediate, House Staff can also present to Occupational Health ([see Section III.A. Faculty/Staff Health & Wellness](#)) or use the Vanderbilt walk-in clinics. Find walk-in clinic options at <https://www.myhealthwalkin.com/>.

If any questions regarding the above, please contact the GME office at [gme.office@vumc.org](mailto:gme.office@vumc.org).

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## MY HEALTH AT VANDERBILT

My Health at Vanderbilt is a secure health information portal through which Vanderbilt patients can contact their physicians, request appointments, and view medical information and lab results. If House Staff are also patients of VUMC (including off-site locations), they may learn about it and sign up at <https://www.myhealthatvanderbilt.com/>.