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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-4:00pm (after hours/weekends employee will be connected with on-call provider)
- [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:

- Work injury & illness care, including exposures, at OHC (Monday-Friday, 7:00 am-4:00 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
- Minor acute care at OHC (Monday-Friday, 7:00 am-4:00 pm, Medical Arts Building, Suite 640); Appointment recommended, walk-ins welcome.
- 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 and Wellness Information Portal](#); or call us at 615-936-0955 to schedule an appointment.

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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.
- [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](#):
 - Mindful Stretch Breaks
 - Step Challenges
 - Wellness League
- [Health *Plus* Community Events](#)
 - Food Trucks – every Wednesday visit food trucks for breakfast and lunch

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- 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 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

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participation (from *Health Plus*). Employees can log in with their VUMC email and password at [HWIP](#).