

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 answering service 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)

To stay up-to-date on Faculty/Staff Health and Wellness programs follow them on [Instagram](#) and [Twitter](#) @WellVanderbilt. 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)

OHC physicians and nurse practitioners are here to provide timely evaluation and treatment of work-related injuries, illnesses and exposures. OHC also manages over 40 different programs to protect employees against specific work hazards. Travel vaccines and pre-travel consultations are available at no charge for House Staff going on international electives or other business travel. Travel vaccines and pre-travel consultations are also available for personal travel but vaccines will be billed to personal insurance. Minor acute care services are also available. In addition, OHC operates, the [Faculty/Staff Express Care](#), which provides treatment for non-work-related minor illnesses. OHC's Exposure Advisor, at 5-STIK (615-875-7845) provides 24/7 guidance for needle-sticks and other infectious exposures. You can reach the on-call provider directly at 615-936-0955. Same day/next day online scheduling for minor non-work-related illnesses is available for House Staff via the MyHealth portal or through the [Health and Wellness Information Portal](#). Telehealth options may be available for those encounters that are amenable to virtual visits.

Medical Center immunization and screening requirements may be found under "[Welcome to Vanderbilt](#)" on our home page. 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 web 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:** Three-step health incentive program: 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](#) web page for details.
- **Weight Management programs:** Lifestyle Coaching, Diabetes Prevention Program
- **Nutrition programs:** Nutrition Corner, TASTE, National Nutrition Month, and Farmers' Market
- **Physical Activity programs:** Health *Plus* Step Challenges throughout the year, Health *Plus* Pacers (walking/running club), and Mindful Breaks
- **Health Care support:** Know Your Numbers, "Control is the Goal" Blood Pressure Management Program, Babies and You prenatal health promotion program, and Health Expos

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

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

The mission of the [FPWP](#) is to provide psychological support 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/EAP at: (615) 936-1327 (24-hour answering service) or visit the [Work/Life Connections-EAP web site](#) (website 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 is intended to be a major step for the employee in the return to financial stability. For more information about the Hardship Fund, click [here](#).

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 [website](#). 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; and 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](#).