



# WELL-BEING RESOURCES

## [Your Well-Being Navigator](#)

A one-stop shop for well-being resources at VUMC and in the community. Includes: physical health, mental health, social well-being, home life, and workspace support.

## [Counseling](#)

The Faculty and Physician Wellness Program offers confidential psychological support and counseling services through Work/Life Connections-EAP. Sessions are available either in-person or virtually, and options for community referrals help address barriers to access and care.

## [Lifestyle Coaching](#)

Health *Plus* offers personalized lifestyle coaching to help clinicians reach their personal health goals. Sessions are available in-person or virtually and are included as a VUMC benefit.

## [Performance Coaching](#)

Work/Life Connections-EAP provides workplace coaching to help improve job performance, expand skill sets, and perform workplace tasks more effectively.

## [SHARE Center](#)

The SHARE Center offers confidential counseling available to anyone who has experienced, or witnessed, workplace sexual harassment.

## [eStar Support](#)

Health IT offers on-demand, personalized training classes to work-units or departments seeking to maximize EMR efficiency. One-on-one training is also available and locally embedded clinician champions can help escalate change requests and facilitate communication of local needs.

## [VUMC Employee Resource Groups](#)

VUMC helps employees build connections, strengthen social networks and celebrate diversity through a host of affinity groups.

## [Finding a PCP & Finding a Dentist](#)

VUMC prioritizes access to primary care services and dental services for our clinicians and their family members right here at VUMC.

## [Provider Quality Time-Away Toolkit](#)

A digital toolkit to support clinicians in prioritizing and managing time-off from work to support personal well-being.

## [VWell](#)

VWell supports system innovations to empower clinician well-being at VUMC by providing resources that help clinicians build peer support systems, learn more about financial health, seek professional skills development programs, and so much more.

## [Vanderbilt Physician Parent Group \(VPPG\)](#)

VPPG is dedicated to supporting physician-parents across all departments at VUMC through community-building and resource-sharing. [Click here to join the group.](#)

## [Go for the Gold](#)

Go for the Gold is a health incentive program designed to help you achieve a healthier lifestyle by identifying health risks and taking action to reduce those risks. It's easy to navigate, mobile friendly, and includes many of your favorite Health *Plus* programs.