

## 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)

To stay up-to-date on Faculty/Staff Health and Wellness programs follow them on [Instagram](#) and @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 Clinic](#), which provides treatment for non-work-related minor illnesses. 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 at Vanderbilt portal or through the [Health and Wellness Information Portal](#). Telehealth options may be available for those encounters that are amenable to virtual visits.

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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:** 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](#) web page for details.
- **Weight Management programs:** [Lifestyle Coaching](#), [Diabetes Prevention Program](#)
- **Nutrition programs:** Eat Well, Live Well, [Nutrition Corner](#), National Nutrition Month, and Farmers' Market
- **Physical Activity programs:** Health *Plus* [Step Challenges](#) throughout the year, [Health Plus Pacers](#) (walking/running club), and [Mindful Stretch 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 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

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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 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; 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](#).