



Resident Well-Being Resources

Well-Being Resources	
University of Chicago	<ul style="list-style-type: none">• Recreational facilities• Transportation options• Workplace Wellness programs• Library services• <u>Ratner Athletics Center</u>• <u>UChicago Mobile Safety App</u>
UC Medical Center	<ul style="list-style-type: none">• Wide range of insurance benefits including medical, dental, life, vision, FSA/HSA, disability, critical illness, home & auto• Transportation options• Resident Support Services – EAP, health initiative, security services, sleep deprivation and fatigue training• Policies that support a positive work environment – discrimination and harassment, workplace civility, grievance• UCM Ombudsperson: <u>Diane Altkorn, MD</u> or <u>Steven Zangan, MD</u>• <i>Perspectives</i>: The Employee Assistance Program (EAP) – no cost, confidential resource designed to help people with the challenges of daily living 800-456-6327• Resources for meals, sleep rooms, lactation stations
UCM GME Office	<ul style="list-style-type: none">• Leave benefits including vacation, sick, leave of absence (medical and personal), maternity, FMLA, bereavement, civil• Opportunities to participate in committees which support well-being, e.g. Resident Forum• Annual ACGME Well-Being Survey for Residents and Faculty• <u>GME Resident Wellbeing Resources</u>• <u>2021-2022 UCM GME Handbook</u>• <u>GME Wellness Onesheet</u>
Dermatology Program	<ul style="list-style-type: none">• Faculty dedicated to the well-being of the Residents including multiple opportunities to work one-on-one• Section activities to foster team development and communications – Welcome event, housestaff and faculty retreats, Section workshops for communications, inclusion and diversity• <u>DTP website</u> resources center with links to other resources
Professional Organizations	<ul style="list-style-type: none">• <u>ACGME Tools and Resources for Resident and Faculty Member Well-Being</u>• <u>JGME Hot Topics: Resident Well-Being</u>• <u>AAD Diversity Champion Workshop</u>• <u>AMA Resident & Student Health</u>