



## Resident Well-Being Resources

Well-Being Resources	
University of Chicago	<ul style="list-style-type: none"><li>• Recreational facilities</li><li>• Transportation options</li><li>• Workplace Wellness programs</li><li>• Library services</li><li>• <a href="#"><u>Ratner Athletics Center</u></a></li><li>• <a href="#"><u>UChicago Mobile Safety App</u></a></li></ul>
UC Medical Center	<ul style="list-style-type: none"><li>• Wide range of insurance benefits including medical, dental, life, vision, FSA/HSA, disability, critical illness, home &amp; auto</li><li>• Transportation options</li><li>• Resident Support Services – EAP, health initiative, security services, sleep deprivation and fatigue training</li><li>• Policies that support a positive work environment – discrimination and harassment, workplace civility, grievance</li><li>• UCM Ombudsperson: <a href="#"><u>Diane Altkorn, MD</u></a> or <a href="#"><u>Steven Zangan, MD</u></a></li><li>• <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</li><li>• Resources for meals, sleep rooms, lactation stations</li></ul>
UCM GME Office	<ul style="list-style-type: none"><li>• Leave benefits including vacation, sick, leave of absence (medical and personal), maternity, FMLA, bereavement, civil</li><li>• Opportunities to participate in committees which support well-being, e.g. Resident Forum</li><li>• Annual ACGME Well-Being Survey for Residents and Faculty</li><li>• <a href="#"><u>GME Resident Wellbeing Resources</u></a></li><li>• <a href="#"><u>2021-2022 UCM GME Handbook</u></a></li><li>• <a href="#"><u>GME Wellness Onesheet</u></a></li></ul>
Dermatology Program	<ul style="list-style-type: none"><li>• Faculty dedicated to the well-being of the Residents including multiple opportunities to work one-on-one</li><li>• Section activities to foster team development and communications – Welcome event, housestaff and faculty retreats, Section workshops for communications, inclusion and diversity</li><li>• <a href="#"><u>DTP website</u></a> resources center with links to other resources</li></ul>
Professional Organizations	<ul style="list-style-type: none"><li>• <a href="#"><u>ACGME Tools and Resources for Resident and Faculty Member Well-Being</u></a></li><li>• <a href="#"><u>JGME Hot Topics: Resident Well-Being</u></a></li><li>• <a href="#"><u>AAD Diversity Champion Workshop</u></a></li><li>• <a href="#"><u>AMA Resident &amp; Student Health</u></a></li></ul>