Wellness

Furthering Your Career Satisfaction

Washington University in St. Louis
School of Medicine
Wellness
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Here at Washington University School of Medicine (WUSM), we are committed to helping our faculty achieve career satisfaction. A satisfying career is formed from scholarly and clinical opportunities, furthered by a sense of community and available wellness resources.

This brochure is a compilation of resources for personal, physical, health and professional wellness sponsored at all levels of Washington University:

• Washington University in St. Louis
• Washington University School of Medicine
• Department of Pediatrics

To learn about benefits, contact Human Resources:
HR-benefitsmail@wustl.edu

Department of Pediatrics
Office of Faculty Development
ofd.peds.wustl.edu
314-454-4952
Wellness Connections Programs

• **Garmin Purchase Program**
  Preferred pricing on select GARMIN activity trackers

• **Gym Membership Discounts**
  Gym and fitness facilities that offer a membership discount for Washington University employees
  Center of Clayton Club Fitness,
  Crossfit Xtra Mile
  Pure Barre Fitness Des Peres
  WUSTL Sumers Recreation Center
  BJC WellAware
  Wellbridge Athletic Club
  YMCA
  (Please check website below for current list)

• **Farmers Market & Local Farmer Crop Boxes**
  Held every Thursday year round from 10 am – 2 pm, on the plaza of the BJC Institute of Health at WUSM or indoors in the McDonnell Pediatric Research atrium. Purchase from the market or sign-up for a weekly delivery of a crop/box.

• **Mammography Van**
  The Siteman Cancer Center Mammography Van offers annual screenings for women age 40 and over who have no signs or symptoms of breast cancer. For appointments, call 314-747-7222.

• **Mindfulness**
  The program is designed to give you practical coping skills to deal with everyday stress. Seven weeks of classes meeting twice a week during the lunch hour.

• **WashU Moves**
  A walking challenge encouraging increased movement in your day.

• **Wash U WebMD**
  A digital platform for employees to assess their current health status, engage in health education programs, set goals for improving health decision-making, and track progress.

• **Family Fun**
  Millbrook Square outdoor swimming pool open May 1 through Labor Day

For more information, please visit [hr.wustl.edu/wellness-connection/opportunities](hr.wustl.edu/wellness-connection/opportunities)
Work-Life Solutions

Work-Life Solutions, formerly known as Employee Assistance Program (EAP), offers free, confidential, 24/7 support, resources and information for every aspect of your life.

Call 844-365-4587 - Direct 24/7 access to a Guidance Consultant, who will answer your questions and, if needed, refer you to a counselor or other resources.

This valuable benefit for you and your family provides resources and referrals for:

- Confidential emotional support from highly trained clinicians

- Work-life resources from qualified referrals for just about anything on your to-do list (Examples—finding dependent care, hiring home repairs/maintenance, planning events, arranging pet care)

- Legal guidance – talk to attorneys for practical assistance with your most pressing legal issues

- Financial resources from financial experts to assist with a wide range of issues

For more information, please visit hr.wustl.edu/worklife/eap

Personal Health Care

WU Direct is designed to provide you and your covered dependents priority access for initial appointments (new) with Washington University Physicians, as well as lower out-of-pocket costs. When scheduling appointments, inform the office staff you are WU faculty.

hr.wustl.edu/benefits/medical-dental-life/health-insurance/wu-direct

Primary Care

This group of select pediatric and adult primary care providers, who include our Washington University Clinical Associates (WUCA), has the technological and consultative support of Washington University specialists and shares the same excellence in care. You can see our primary care physicians at the following practices:

- Adult Primary Care Practices
  Grant Medical Clinic
  Maryland Medical Group
  University Internal Medicine and Diabetes Associates
  University Personal Physicians
  Washington University Complete Care
• **Pediatric Primary Care Practices**
  - Blue Fish Pediatrics
  - Cloverleaf Pediatrics
  - Forest Park Pediatrics
  - Kids Docs
  - Nash Pediatrics
  - Northwest Pediatrics
  - O’Fallon Pediatrics
  - Purely Pediatrics
  - University Pediatric Associates
  - Westside Pediatrics
  - Woods Mill Pediatrics
  
  [wuphysicians.wustl.edu/medical-services/specialties/primary-care](wuphysicians.wustl.edu/medical-services/specialties/primary-care)

**Specialists**

Our doctors are trained and recognized in 76 specialty areas. Whether it is an allergy or a neurosurgery, for children, adolescents, or adults, our 1,300 full-time specialists are honored to serve you. For your convenience, scheduling service numbers are available on each medical specialty page, as well as each physician’s profile page.

[wuphysicians.wustl.edu/medical-services/specialties](wuphysicians.wustl.edu/medical-services/specialties)

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**Diversity**

Our diversity organizations build connections between Washington University community members from many backgrounds and experiences.

• **American Medical Women’s Association** is a national organization dedicated to promoting women’s health, improving the professional development and personal well-being of its members, and increasing the influence of women in all aspects of the medical profession.
  
  [amwa.wustl.edu](amwa.wustl.edu)

• **Association of Women Faculty** fosters professional and social interactions among women faculty across entire university, to defend campus-wide diversity and to advance the interests of women faculty at Washington University.
  
  [awf.wustl.edu/about](awf.wustl.edu/about)

• **Academic Women’s Network** serves as a liaison between women faculty and the university administration, to promote professional interactions and career development, and to assist and mentor women faculty and trainees in science and medicine.
  
  [academicwomen39snetwork.wildapricot.org](academicwomen39snetwork.wildapricot.org)
• **Bridge at WashU**
  An LGBTQA affinity group for Washington University faculty and staff. BRIDGE: Bravery, Responsibility, Inclusion, Dignity, Guidance and Empowerment. facebook.com/groups/527818714087568

• **Campus Diversity Collaborative**
  Encourages campus conversation around issues of diversity and inclusion, and fosters a support network for Washington University professionals who care about these issues. campusdiversity-collaborative.wustl.edu

• **Diversity & Inclusion for Faculty & Staff** (DIFFS) seeks to build a strong and influential community of underrepresented faculty and staff. DIFFS provides and supports educational, social and cultural competency opportunities. sites.wustl.edu/diffs

• **OUTmed**
  LGBTQ-identified faculty, residents, fellows and staff at Washington University School of Medicine. OUTmed is supported by the Department of Medicine, and is open to members of the entire School of Medicine, regardless of departmental affiliation. internalmedicine.wustl.edu/about/diversity/forum-for-lgbtq

• **WUMCHA (wümchä)**
  The Washington University Medical Center Housestaff Auxiliary, a department of Barnes-Jewish Hospital, acts as a support group to address the unique needs of spouses, partners, residents, fellows and attending physicians affiliated with the Medical Campus since 1982. These people, the majority of whom have relocated to St. Louis, have special life stresses that WUMCHA strives to address. wumcha.com

For more information about diversity interest groups, please visit diversity.wustl.edu/get-involved/#groups
Physical Wellness

• **Chair Massages**
  10-minute chair massage to help relieve stress and reduce muscle tension in your back, neck and shoulders. Provided by BJC WellAware Center massage therapist. Offered periodically.

• **Foam Rolling**
  Gain skills on the technique of foam rolling to self-heal, align and strengthen the body. Provides pain free, harmonious and functionally integrated movement. Offered periodically.

Work-Life Wellness

• **Book Club**
  An opportunity to get to know colleagues while sharing your interest in reading. Meets bi-monthly at area restaurants in the evening.

• **Happy Hour**
  A quarterly opportunity to mingle with faculty and fellows while enjoying drinks and appetizers off campus in the Central West End.

• **Faculty Breakfast**
  A quarterly opportunity to discuss work-life topics with invited speakers.

• **Lactation Rooms**
  The program promotes healthy families with a campus-wide initiative to protect and support student, faculty, staff, trainee and visitor mothers who breastfeed.
  facilities.med.wustl.edu/lactation-rooms

Professional Wellness

• **Advocacy Interest Group**
  A group of faculty and fellows interested in advocating for child health. Provides guidance on how to advocate no matter how much or little time you have. To participate, contact OFD.

Contact the OFD to participate in any activity

WUSM Department of Pediatrics
Office of Faculty Development
Sponsored Resources

ofd.peds.wustl.edu
314-454-4952

Contact the OFD to participate in any activity
• **Education Skills Program**
  A bi-annual program to enhance education skills as educators, to develop peer mentoring and enhance the culture of education within the department. To participate contact your division chief for a referral.

• **Leadership Development Program**
  A yearly program, usually commencing in January, to enhance successful leadership characteristics, identify the implications and impact of leadership and communication styles, review the financial structure of the department, engage in strategic planning, and identify resources for the development of departmental and divisional support. To participate, contact your division chief for referral.

• **Mentoring**
  The faculty and staff of OFD understand that cultivating a successful mentoring relationship can present unique challenges for both parties engaged in the process. Many great scientists and clinicians frequently give credit to a mentor or multiple mentors who provided guidance, encouragement and support — both professionally and personally. Contact OFD for assistance is forming a mentoring committee.

• **Spotlight on Women in Medicine and Science (SWIMS)**
  WUSM female faculty members highlight their work in diverse fields of science as well as share the unique challenges they have faced in their careers in academic medicine.

### On-site Programs

• **Weight Watchers at Work**
  A lifestyle approach to weight loss and maintenance. Meets weekly on WUSM campus.

• **Toastmasters International**
  A professional development where members practice public speaking, leadership and other skills in a supportive atmosphere.

• **TIAA**
  Financial education tools and education sessions to help you learn how to plan and save for a strong financial future.
Washington University School of Medicine Department of Human Resources Employee Handbook

For more information visit: Work, Life and Wellness at Washington University in St. Louis
hr.wustl.edu/worklife