**PHYSICAL SUPPORT**

**Work from Home Equipment**
The Ambulatory Transformation Taskforce (ATT) Wellness Workstream provides equipment for those who need to work more ergonomically and effectively at home.

- Eligibility: Clinical faculty in the School of Medicine who work at least 8 hours on clinical care related tasks at home each week
- Up to $500 of equipment per eligible SOM clinical faculty
- Please contact your Director of Finance & Administration (DFA) for details

SoM Ergonomic Equipment Order Form: [https://app.smartsheet.com/b/form/febdfbaff9bb48d1ac266f525472af4b](https://app.smartsheet.com/b/form/febdfbaff9bb48d1ac266f525472af4b)

**Discounted Lodging**
Easy access to discounted, self-pay lodging for those physicians who would like local accommodations in light of COVID-19.

- Temporary lodging discounts are available for Stanford Medicine employees

**WORK-LIFE INTEGRATION**

**Clinician Coaching**
In partnership with WellMD, the BeWell program offers an individualized coaching program specifically for health care clinicians.

- Choose from 4 or 6 sessions of one-on-one coaching from a certified coach
- EA and STAP fund eligible. Subsidies available from WellMD for other physician faculty lines.
- [bewell.stanford.edu](https://bewell.stanford.edu) (search for clinician coaching) or [healthcoaching@stanford.edu](mailto:healthcoaching@stanford.edu)

**COLLEGIAL SUPPORT**

**Physician Resource Network (PRN) Support**
Confidential, independent, legally-protected collegial support and resources for life’s inevitable clinical, professional and personal challenges.

[wellmd.stanford.edu/get-help/prn-support.html](https://wellmd.stanford.edu/get-help/prn-support.html)

**OAA Faculty Advisory and Support Panel**
Peer support, information, and connection to resources for faculty who are feeling concern and stress about their career advancement and other professional issues, during this challenging time.

[med.stanford.edu/academicaffairs/faculty.html](https://med.stanford.edu/academicaffairs/faculty.html)

**EMOTIONAL SUPPORT**

**Faculty Staff Help Center**
Professional and confidential counseling about work-related or personal issues. Short-term counseling is available for individuals, couples, and families. Family members can enroll independently.

- 10 free sessions per topic
- Open to faculty, fellows, residents, and post-docs

[cardinalatwork.stanford.edu/faculty-staff-help-center](https://cardinalatwork.stanford.edu/faculty-staff-help-center)

**WellConnect**
Confidential mental health referral and consultation service to facilitate timely access to counseling, stress management and coping skills, wellness coaching (including strategies to mitigate burnout), and mental health services.

- Now expanded to cover all benefits-eligible SOM faculty as well as fellows and residents
- Contact: (650) 724-1395 or [wellconnect@stanford.edu](mailto:wellconnect@stanford.edu)

[http://tinyurl.com/shcwellconnect](http://tinyurl.com/shcwellconnect)

**Care for COVID-19+ Physicians**
WellMD offers additional support for physicians who are COVID-19+. If you test positive, a Care Coach will contact you and provide comprehensive support to address your concerns and basic needs. This support includes food, lodging, family care, and emotional care. Your Care Coach will check in with you regularly during your isolation period. Additional COVID-19 resources can be found at [wellmd.stanford.edu/COVID-19.html](https://wellmd.stanford.edu/COVID-19.html).