

# PERKS OF THE JOB

(Little known benefits available to SHC Housestaff)

## Golf Course Privileges

House Staff can sign up for one (1) month of golf each semester at a discounted rate\*. Sign up through the GME Office (HC435) with your hospital ID badge.

House Staff also qualify for a 20% discount on all Athletic Department Season Tickets.

\* Discount limited to 20 House Staff per month and if you bring a guest, they MUST pay full price.



## Stanford Athletic Courtesy/ID Card

Athletic Access Pass Cards are FREE for House Staff. As a GME Resident or Fellow, an Athletic Access pass will be authorized by the GME Department. The pass will be given out to you at your Orientation at the GME Table (no earlier). Your employee badge/photo ID is required to pick up your card. Spouses and domestic partners of House Staff are NOT eligible for a courtesy card. The cost is \$10 for any guest pass for the entire day which may be used at both gyms & the aquatic center. Children are also \$10 for a day pass but may have less access than adults (certain hours only).



There is also a resident/fellow (only) gym located in the GME 4<sup>th</sup> floor Call Quarters.

## Online Employee Discounts @ BenefitHub

BenefitHub is a members-only discount marketplace providing you with access to hundreds of brand-name retailers and local merchants all on one website. BenefitHub negotiates the best deals and regularly updates the offers to help you stretch your hard-earned dollars. From clothing to vacations, event tickets and cars, you will find it all on BenefitHub! For more information on the program, call BenefitHub @ 866.205.7354, email @ [customer care@benefithub.com](mailto:customer care@benefithub.com), visit [www.stanfordhospital.benefithub.com](http://www.stanfordhospital.benefithub.com). (Referral Code: **XMSJWR**).

## 10% Loyalty Food Discount Card



Free Loyalty Cards are available to all Stanford Hospital employees. This card gives you a 10% discount on food you purchase @ **the Market Square Café, The Perk, Courtyard Café, Java Junction and 7730 Welch Coffee Kiosk**. Just pick up a card in the cafeteria & an enrollment form, complete the form and email it to the address on the form and they will activate your card.

## Stanford Commute Discounts

Commute Club incentives include up to \$300.00 /yr. if you are eligible. Get more information @ <https://transportation.stanford.edu/commute-club>

## Stanford Parking & Transportation Services (P&TS)

Get all the information you need about parking and parking passes @ <https://transportation.stanford.edu/>

# Wellness Resources

The Department of Graduate Medical Education (GME) is committed to ensuring that residents and fellows remain physically and mentally healthy while completing their training programs. Residency can be an inherently stressful time, and it is important to take care of yourself so that you can get the most out of your educational experience. The following resources are available to help you through particularly stressful or otherwise difficult situations:



- **WELL-CONNECT: Resident and Fellow Mental Health and Wellness Program**  
Mickey Trockel, MD, is Director of this confidential consultation and referral service jointly sponsored by the Department of Psychiatry and Stanford Hospital and Clinics to facilitate timely access to mental health services. 24x7 Access (someone is always on call - available for emergencies). Contact Dr. Trockel at 650-724-1395.
- **WELL-BEING PANEL: Psychiatrist Janet Spraggins, MD**  
Dr. Spraggins and her panel of 60 therapists offer 12 free sessions to all Housestaff (courtesy of the Well Being Committee). Longer term care is available via your health insurance. Dr. Spraggins can be reached at 650-346-3241.
- **The Stanford Faculty and Staff Help Center**  
The Help Center provides up to 10 free, confidential, brief counseling sessions to faculty and staff including residents, as well as spouses, children and domestic partners. Their extensive range of services include individual, couple, and family counseling; workshops; and peer support groups. All services are offered free of charge. To make an appointment call the Help Center at 650-723-4577 or email: <mailto:helpcenter@lists.stanford.edu>.
- **Office of the Ombudsperson**  
The Office of the Ombudsperson, James Laflin, at Stanford University School of Medicine provides a neutral, confidential and independent resource for dispute resolution for faculty, residents, postdoctoral scholars and students. The office assists members of the School of Medicine community with any work related difficulty, including interpersonal conflict or misunderstandings, as well as academic or administrative concerns. Contact the Office of the Ombudsperson at 650-498-5744 or visit <http://med.stanford.edu/ombuds/>.
- **Ann Dohn, Director of GME , and the Designated Institutional Official (DIO)** has an "open door" policy and is always ready and willing to help with resident concerns and problems. She can be reached at: 650-723-5948.

## Back-Up Care Advantage Program

The Back-Up Care Advantage Program provides a safety net for those days when regular child-care or adult/elder-care arrangements fall through. Back-up care supplements, rather than replaces, these arrangements and is a comforting emergency alternative when you need it the most. You must pre-register for this benefit. The benefit is limited to 80 hours per calendar year for a co-pay of \$4/hr (minimum 4 hours). For complete information on the Back-Up Care Advantage Program, please call 800-557-0847 or visit <http://backup.brighthouse.com/> (username: SHC; password: backup1).