

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>

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
- wellmd.stanford.edu/COVID-19.html

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 (search for clinician coaching) or healthcoaching@stanford.edu

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.

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

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

<http://tinyurl.com/shcwellconnect>

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

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

