

PERKS OF THE JOB

(Little known benefits available to SHC House Staff)

Golf Course Privileges

House Staff are allowed to 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.

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

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



On-Call Meals



Each house officer working on “clinical rotations” only at **Stanford Hospital or the Children’s Hospital for 12 consecutive hours** (or longer) is eligible to receive \$10.00 per night in food credit.

The funds will be assigned based on duty hours logged into MedHub, which must be submitted on time.

Earned food money funds will be paid on the second paycheck of every month.

Stanford Courtesy Card

Courtesy Cards are “FREE” for House Staff.* House Staff may also purchase eligible spouse/domestic partner day passes for \$5 or a 7 day passes for \$25. As GME Residents and Fellows, an Athletic Access pass will be authorized by the GME Department. The pass can be picked up on (no earlier than) the first day of your orientation day. A government issued photo ID is required in order for the participants to pick up their card.



There is also a gym in the GME Call Quarters.

* Spouses and domestic partners of House Staff are NOT eligible for a courtesy card.

Employee Discount Club

As a SHC employee, you can take advantage of deep discounts not offered to the public including discounts to popular amusement parks and attraction tickets. Access the Discount Club at the following URL:

<http://www.employeediscountclub.com/members.asp> (username: stanfordmed)

Some of the discount opportunities that await you:

- Great America in Santa Clara
- Monterey Bay Aquarium
- Santa Cruz Beach Boardwalk
- Winchester Mystery House in San Jose
- Disneyland and California Adventure in Anaheim
- Universal Studios Hollywood
- Regal Cinemas
- United Artists
- Cinemark Theatres
- AMC Theatres



For more info, contact Susan Cabral at (650) 723-6252.

Wellness Resources

The Department of Graduate Medical Education is committed to ensuring that residents and fellows remain physically and mentally healthy while completing their training program. 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:

- **HEALTH 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 House Staff (courtesy of the Well Being Committee). 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: 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 Graduate Medical Education (GME), Designated Institutional Official (DIO) for GME**
Ann 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. 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.brighthorizons.com/> (username: SHC; password: backup1).