

Health and Well-Being Resources for BIDMC Residents and Fellows

Clinician Health Services

Clinician Health Services: 617-667-0651

Contact Pamela Peck, PsyD ppeck@bidmc.harvard.edu

- ✓ Self-referral service for all physicians, including trainees
- ✓ Up to three confidential psychiatric consultations
- ✓ No online records kept and insurance is not billed
- ✓ Contact Dr. Pamela Peck to arrange a meeting, typically within 24 hrs
- ✓ Referrals made to outside providers as needed

KGA Employee Assistance Program

KGA: [My.KGALifeServices.com](https://my.kgaliveservices.com) (code: BILH)

855-760-BILH (2454), KGA mobile (App Store)

- ✓ Learn about the range of services offered in this [short video](#)
- ✓ 24/7, Free and Confidential support for BIDMC trainees
- ✓ Offers mental health resources, financial/legal consultations, childcare resources, career coaching, in-home services
- ✓ Two free books available per year, on a range of topics
- ✓ Short-term telehealth counseling is free and confidential

Primary Care Physicians

[Connect with a PCP!](#)

- ✓ A [list](#) of PCPs at BIDMC/HCA and other nearby locations accepting resident/fellow patients is available, and also includes instructions for setting up the appointment.

Health and Fitness

- ✓ [Simmons Gym](#): Located across from East Campus, the Simmons University Holmes Sports center offers gym membership for BIDMC employee for \$50 or less per month, and day passes for \$8.
- ✓ [Bodyscapes Fitness](#): We have partnered with Bodyscapes to offer **\$83/month** membership and **subsidized daypasses for \$10 per day**. Just present your BIDMC badge!
 - ✓ Located in NRB building near East Campus
- ✓ [Free Fitness Membership - Ompractice](#): **Ompractice** offers free unlimited members for you and your family! See online classes on strength training, pilates, yoga, meditation and more! Both live and recorded classes available.
- ✓ [Free Yoga](#): We have partnered with **JP Centre Yoga** to bring free in-person and streaming yoga classes for BIDMC Housestaff! Access the [full schedule here](#), create an account, and use discount code BIMEDYOGA for in-person or live-streaming classes.
- ✓ [HPHC Fitness Reimbursement](#): If you are enrolled in a HPHC medical insurance plan through BIDMC, you are eligible for **\$300 reimbursement per year for gym membership**.
- ✓ **Health Insurance**: Questions about Harvard Pilgrim coverage? Visit [this guide](#)
- ✓ [SilverCloud](#) (code BILH): On-demand virtual behavioral and mental health care – including online coaching – to help manage stress, anxiety, depression and trouble sleeping
- ✓ [BILH Living Well](#): A well-being resource for BILH employees. Includes:
 - ✓ Two-way online yoga classes, mindfulness classes, healthy living guides and webinars
 - ✓ Discounts on complementary and alternative medicine services (acupuncture, chiropractic care, etc)
 - ✓ [Behavioral health tools](#) including access to AbleTo (provides 1:1 virtual therapy) and Valera Health (helps to connect with psychiatrist or therapist)
 - ✓ Lifestyle management coaching

Self-Screening Tool

Well-Being Index: <https://www.mywellbeingindex.org/signup> Code: 85793KT

- ✓ Anonymous self-assessment tool available on Medhub with national resources on well-being

Crisis Resources

National Suicide Prevention Lifeline

- ✓ Call 988 or www.suicidepreventionlifeline.org

To learn more about GME Wellness initiatives at BIDMC, please contact Ritika Parris, MD
rparris@bidmc.harvard.edu

Work/Life Well-Being Resources for BIDMC Residents and Fellows

GME Wellness Committee

GME-Wide Trainee Wellness Committee

- ✓ Trainee-led interdepartmental committee supports trainee wellness across BIDMC, focusing on community building, career and professional development, healthy lifestyle, and promotion of resilience skills
- ✓ Meets monthly at 6:30pm via Zoom
- ✓ Email mlie@bidmc.harvard.edu or ballar@bidmc.harvard.edu for more information

Community of Hobbies: The wellness committee helps connect residents who have similar interests and want to participate in those hobbies with other co-residents. [Sign up here](#) - GME funding is available to support activities!

Childcare and Family Resources

BIDMC Resident/Fellow Support Group: Started by the GME Wellness Committee, this is a place for BIDMC trainees who are parents (and their support networks!) to exchange ideas, tips, and even items that their kids may have outgrown. This network is also an opportunity to coordinate meet-ups/playdates with GME funding available. Sign up [here](#) and join the [WhatsApp group](#) to get connected.

Care.com: Visit bilh.care.com to activate your Care@Work benefits, including:

- ✓ Free care.com membership
- ✓ Subsidized back-up care from vetted providers
- ✓ Use **Expert Assistance** from a Care.com specialist to find care more efficiently for your family. Email expertassistance@care.com to get started.

Reserved childcare slots available at [Longwood Medical Area Childcare Center](#)

HMFP Child Family Newsletter: Stay informed of resources and tips with this newsletter through HMFP.

- ✓ Email HMFPbenefits@bidmc.harvard.edu to sign up

Peer Support Program

Peer Support Program:

- ✓ Trained volunteers offer support to peers after a stressful event
- ✓ Page psychiatric nurse specialists Leslie Aji or Joanne Devine or view list of supports on the Portal

Professionalism Concerns

Share any concerns regarding professionalism or respect and dignity:

- ✓ **Program leadership:** Program directors, APDs, Chief residents are available to troubleshoot any concerns
- ✓ **BIDMC GME Ombudsperson:** GMEOmbudsman@bidmc.harvard.edu
- ✓ **Speak Up Hotline:** 24/7 confidential line
1-888-753-6533 and <https://bidmc.compliance.alertline.com>
- ✓ **BIDMC Human Resources, Employee Relations**
617-632-9326 and azaglin@bidmc.harvard.edu
- ✓ **STARS:** Report respect and dignity concerns via STARS Safety Tracking and Reporting System on the Portal

Harvard/BIDMC Badge Perks

Harvard ID: Learn about perks that you can access with your Harvard ID, including admission to museums, mortgage perks, insurance coverage, and more [here](#) and [here](#).

BIDMC ID Red Sox Tickets: With your BIDMC badge, you can access up to two same-day tickets to see the Red Sox at Fenway for only \$5. Details can be found on the [Portal](#).

To learn more about GME Wellness initiatives at BIDMC, please contact Ritika Parris, MD
rparris@bidmc.harvard.edu

Facilities Resources for BIDMC Resident and Fellows

Call Rooms

Call rooms are available overnight from **4pm to 9am**.

- Reminders: please do not use these rooms for storage or office space, and please remove your belonging by 9am, so that the room can be cleaned and prepared for use again the following night.

There are two ways to reserve an **as needed call room overnight**:

- Call **617-754-3339** and leave a message 24/7. Messages are reviewed during normal business hours.
 - Keys can be picked up in Rosenberg or Feldberg lobbies from 7am-7:30pm, after which time they are available at Public Safety (Farr Building)
- Present in person to **Feldberg or Rosenberg Lobby** between 7am-7:30pm to reserve a room. Keys are available at time of reservation.

Residents and fellows taking **home call** can utilize the **Home Call Flex Room** overnight

- This is for trainees to use to rest, who take home call and are called in to the hospital can use this room on a first come basis.
- Keys are available in the Public Safety Office (Farr building).
- Room may be shared by multiple trainees overnight on a first come basis -- please be courteous to other trainees on overnight with you. We ask that you do not use this rooms as workspace. You may bring clean linens from a patient care area for your use if needed.
- This room is being made available as a pilot. We welcome your feedback.

Lactation Rooms

Lactation Rooms are available at the following locations:

East Campus:

Feldberg 217 (1 station)
Gryzmish 217 (3 stations)
CLS 436 (2 stations)

West Campus:

Palmer 505 (3 stations)
RB 4 (1 station)

*Klarman building: 06338, 07213
08213, 09213, 10213*

- Rooms have hospital grade Medela pumps, mini fridges, and sinks.
- You can bring your own pump or use a [Medela Symphony Pump Kit](#)
- For access or questions, please email [Sarah Quinones-Myers](#).

Parking

On-site parking is available to trainees at a subsidized rate.

- To sign up, please email [Commuter Services](#).
- Garage assignment is based on availability.

Interested in **night/weekend parking?**

- On nights, weekends and holidays, trainees have access to Feldberg, Shapiro, and Pilgrim garages. **Overnight hours are 5pm – 10am**, Mon-Thur. Weekend hours are Friday 5pm - Monday 10am. This rate/access requires enrollment in a night/weekend parking program for \$10/two weeks, deducted from payroll. To sign up for this, email [Commuter Services](#).
- Trainees can also park for **\$5 flat fee per park** on nights/weekends from **6pm-10am** without being enrolled in any of the above parking programs.
- Trainees already enrolled in on-site parking do not pay any additional charge for nights/weekends.

Shuttle service is available from 7pm to 12am, 365 days a year from Feldberg, Farr, and Rosenberg lobbies to any on-site parking garages, including New Research Building. Call Service Response at x5-9700.

Overnight Food Access

Free hot food is available to residents and fellows working overnight shifts. These meals can be found at the following locations:

East Campus:

Feldberg 430
Kirsten L/D

West Campus:

Deac 300
RB 539
RB 251

To learn more about these resources or to share feedback, please contact [Ritika Parris, MD](#)