

# 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](mailto: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://www.mykgalifeservices.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:** Conveniently 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
- ✓ **BIDMC Run/Walk Club:** Join the BIDMC Run/walk club on Wednesdays at 6:30pm on East Campus for ~1.8 mile loop. All levels welcome! Email Gulcan Yildiz at [gyildiz@bidmc.harvard.edu](mailto:gyildiz@bidmc.harvard.edu) for details
- ✓ **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 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 **\$150 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 TalkSpace (matches you to a licensed in-network therapist) and premium membership to Sanvello (CBT-based mental health with tools and coaches)
  - ✓ Lifestyle management coaching
  - ✓ Gift cards, raffles and other perks for participation

## Self-Screening Tool

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

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

## Crisis Resources

### National Suicide Prevention Lifeline

- ✓ Call 988 or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

To learn more about GME Wellness initiatives at BIDMC, please contact Ritika Parris, MD  
[rparris@bidmc.harvard.edu](mailto: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](mailto:mlie@bidmc.harvard.edu) or [ballar@bidmc.harvard.edu](mailto: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.

## 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](http://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](mailto: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](mailto: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 Ajl 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](mailto: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](mailto: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](mailto: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](#)