

Health and Well-Being Resources for BIDMC Residents and Fellows

Clinician Health Services

Contact **Dr. MacKenzie Brigham** at mbrigham@bidmc.harvard.edu

- ✓ Self-referral service for all physicians
- ✓ Up to 3 confidential psychiatric consultations; referrals made to outside providers as needed
- ✓ No online records kept, and insurance is not billed
- ✓ Contact Dr. Brigham directly, response can be expected within 1 business day

KGA Employee Assistance Program

KGA Employee Assistance Program

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

- ✓ Learn about the range of services offered in this [short video](#)
- ✓ Call for 24/7, Free and Confidential support from a licensed counselor
- ✓ Offers mental health resources, in the moment counseling, financial/legal consultations, childcare resources, career coaching, fertility specialist consultation
- ✓ Short-term telehealth counseling is free and confidential. For longer term counseling or psychopharmacology, KGA helps locate a specialist with availability and insurance coverage

Primary Care

Make an appointment with primary care provider using an [online scheduling tool](#)

- ✓ If no appointment is available for your schedule, see a listing of all BILH primary care locations [here](#)
- ✓ Try BILH Virtual Primary Care for more flexibility. Schedule an appointment [here](#).

Health and Fitness

- ✓ Check out the **Peloton** bikes (no membership required), weight and yoga mats at the East Campus resident lounge in Reisman 0240. The room also has a fridge, coffee, couches, and workstations.
- ✓ **Simmons Gym**: Located across from East Campus, the Simmons University Holmes Sports center offers gym membership for BIDMC employees for \$50 per month.
- ✓ **Bodyscapes Fitness**: We have partnered with Bodyscapes (in NRB near East campus) to offer **\$83/month** membership and **daypasses for \$10 per day**. Just present your BIDMC badge!
- ✓ **Discounted Fitness Membership - Ompractice**: Ompractice offers discounted membership at \$129 per year! See online live and recorded classes on strength training, pilates, yoga, meditation and more!
- ✓ **Free Yoga**: We have partnered with **JP Centre Yoga** to bring free in-person and streaming yoga classes for BIDMC Housestaff for up to **24 classes per year**. Access the [full schedule here](#), create an account, and use discount code **BIMEDYOGA26** for in-person or live-streaming classes. This code is **only** for current BIDMC GME trainees.
- ✓ **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**. Please go to the HPHC website for more information.
- ✓ **Health Insurance**: Questions about Harvard Pilgrim coverage? Visit [this guide](#)
- ✓ **SilverCloud** (code BILH): On-demand virtual behavioral and mental health care
- ✓ **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 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)

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

To learn more about GME Wellness initiatives at BIDMC, please contact Taylor Brown, MD
tbrown24@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 for more information

Childcare and Family Resources

BIDMC Housestaff Parent Support Group: A place for BIDMC trainees who are parents (and their support networks!) to exchange ideas, tips, and items that their kids may have outgrown. This network is also an opportunity to coordinate meet-ups/playdates with GME funding available. Join the [WhatsApp group!](#)

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

- ✓ Subsidized back-up care from vetted providers
- ✓ Use **Expert Assistance** from a Care.com specialist to find care more efficiently

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

KGA (see page 1) offers family planning, parenting, and childcare resources. [HPHC](#) and [Ovia](#) benefits also available for fertility and family planning

Peer Support Program

Peer Support Program:

- ✓ Trained volunteers offer support to peers after a stressful event
- ✓ This program is set to re-launch Fall 2026!

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
An Ombudsperson is an impartial, confidential resource to explore conflict resolution options
- ✓ **Speak Up Hotline:** 24/7 confidential line
1-888-753-6533 and <https://bidmccompliance.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](#).

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](#).

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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.

To reserve a call room **as needed call room overnight**:

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

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) *Klarman building:* 06338, 07213
RB 4 (1 station) 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:
Reisman 0240

West Campus:
Deac 300 RB 251
RB 539

To learn more about these resources or to share feedback, please contact Taylor Brown, MD