

UCD Health Physician Health and Wellbeing Resources

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UC Davis HR-ASAP	Academic and Staff Assistance Program offers information and counseling services for wellbeing and emotional health. https://hr.ucdavis.edu/departments/asap
Childcare Resources	Child Care Resources and subsidy programs. https://hr.ucdavis.edu/departments/worklife-wellness/children/child-care/ucdh
Clinical Affairs	Works to advance patient quality and safety, performance improvement, supports the Medical Staff Administration, oversees clinical informatics and directs licensure and accreditation activities. https://intranet.ucdmc.ucdavis.edu/clinicalaffairs/
UC Davis Health & Wellness Courses	Alphabetical listing of all health and wellness course offerings at UCD Health. https://health.ucdavis.edu/wellness/
UC Davis HR- Worklife Wellness	UCD supports faculty, staff, students and retirees in their pursuit of a healthy and happy lifestyle. https://hr.ucdavis.edu/departments/worklife-wellness
UC Davis HR- Wellness Resources & Programs	Wellness is a dynamic process of change and growth including physical, emotional, financial, intellectual, spiritual, social, environmental, and occupational wellness. https://hr.ucdavis.edu/departments/worklife-wellness/wellness-resources
UC Davis HR- Financial Wellness	Financial Wellness is a state of wellbeing where an individual has achieved minimal financial stress, established a strong financial foundation, and created an ongoing plan to help reach future financial goals. https://hr.ucdavis.edu/departments/worklife-wellness/financial-wellness
UC Davis Health ASAP Resources	Personal and professional issues that ASAP at UC Davis Health can assist with, as well as programs and links to helpful online resources. https://hr.ucdavis.edu/departments/asap/resources-ucdh
UC Davis HR- ASAP Resources- Legal Services	List of legal resources available to UC Davis faculty and staff. https://hr.ucdavis.edu/departments/asap/resources-ucdh/legal
ARAG Legal Plan	UC offers the ARAG Legal plan, which gives staff and faculty access to a range of quality legal services. https://hr.ucdavis.edu/employees/benefits/health-welfare/legal
UC Davis Staff and Faculty Health & Wellbeing Program	Mission: Develop, promote and support a thriving culture of health and well-being throughout the UC Davis community. https://safetyservices.ucdavis.edu/article/staff-and-faculty-health-and-well-being-program
UC Living Well	UC supports its community in their pursuit of a healthy lifestyle. UC Living Well comprises activities and resources found across our locations to help faculty, staff, and retirees reach their wellness goals: https://ucnet.universityofcalifornia.edu/working-at-uc/livingwell/
UC Davis Safety Services: Health and Wellbeing	List of staff and faculty health and wellbeing resources. https://safetyservices.ucdavis.edu/categories/health-and-well-being
UCD School of Medicine Student Wellness	Office of Student Wellness in the UCD SOM created in 2009 to help our students achieve and maintain optimal and physical and emotional health: https://health.ucdavis.edu/mdprogram/student_wellness/
Medical Staff Wellbeing Committee	To support the health and wellness of our Medical Staff Members, and in so doing, protect patient welfare, improve patient care, and improve Medical Staff functioning: https://health.ucdavis.edu/medstaffwellbeing/
Office of the Vice Chancellor	Oversees UC Davis Health's academic, research, and clinical programs including the School of Medicine, the Betty Irene Moore School of Nursing, the 1,000-member physician practice group, and UC Davis Medical Center. https://health.ucdavis.edu/leadership/
UC Living Fit Forever	Sustainable fitness and wellness program for UCD Health and SOM employees, faculty, residents, medical and nursing

Wellness Program	students looking for a permanent lifestyle change: http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml
Women in Medicine and Health Sciences	UCD Health Women in Medicine and Science (WIMHS) is an alliance with Women in Medicine and Science in medical schools throughout the nation through its interactions with the AAMC Group on Women in Medicine and Science (GWIMS). https://health.ucdavis.edu/wimhs/
Career Advancement Tools	Various workshops to provide faculty with the tools necessary to effectively manage their academic careers at UCD. https://health.ucdavis.edu/facultydev/career-advancement-tools.html
Faculty Development and Diversity	Programs to serve the professional and career development needs of faculty at all levels of the academician lifecycle (new recruit, early career, mid-career, senior and emeritus). https://health.ucdavis.edu/facultydev/ . Also visit their “Work-life and Wellness Resources”: https://health.ucdavis.edu/facultydev/worklife-wellness.html , for a link to a variety of programs, policies and practices that are designed to support the collegial community of UC Faculty.
UCD Office for Equity, Diversity, and Inclusion	Mission: to create a climate of inclusion reflected in structures, policies and practices; the demographics of UCD Health Community; the attitudes and values of its members and leaders; and the quality of personal interactions. https://health.ucdavis.edu/diversity-inclusion/
Vice Chancellor’s LGBTQ+ Advisory Council	Provides recommendations to the Vice Chancellor to help assess, plan, develop, implement, improve, and refine efforts toward meaningful LGBTQ+ initiatives within UC Davis Health. https://health.ucdavis.edu/lgbtq-council/index.html
Healthy UC Davis	Healthy Campus Network- Making UC Davis the Healthiest Community in the Nation. https://healthy.ucdavis.edu/
UC Davis HR- Learning & Development	Education is at the heart of UC Davis, not only for students, but also for employees. We don’t just want you to work for a higher education and research institution, we want you to experience it too. https://hr.ucdavis.edu/departments/learning-dev
UC Learning Center	The UC Learning Center is the web-based learning management system (LMS) used across the University of California, for training and development. https://hr.ucdavis.edu/departments/learning-dev/uc-learning
UC Davis HR- Career Counseling & Coaching	UC Davis employees are offered career coaching and counseling with a tailored approach to each individual. https://hr.ucdavis.edu/departments/learning-dev/career-dev/coaching-counseling
UC Davis Health Resident Program	The resident program provides human resources support specifically for Resident Medical Staff at UC Davis Health. https://hr.ucdavis.edu/employees/ucdh-resident
UC Davis HR- Disability Management Services (DMS)	Disability Management Services provides assistance to staff, faculty, supervisors, and managers on all aspects of disability management, compliance and reasonable accommodations. https://hr.ucdavis.edu/departments/elr/dms
UC Davis HR- Leave/Time-Off	Leave/Time-Off Resources for Supervisors and Managers https://hr.ucdavis.edu/supervisors/leave-time-off
UC Davis HR- Organizational Excellence	Organizational excellence. A catalyst for positive change. https://oe.ucdavis.edu/
UC Davis Health Academic Personnel	Helpful links for Faculty, Non-Faculty Academic Appointees, Administrators and Managers. https://health.ucdavis.edu/academicpersonnel/
Office of the Ombuds	A confidential, independent, impartial, and informal problem-solving and conflict management resource for all members of the UCD and UCD Health campus communities. https://ombuds.ucdavis.edu/
Campus Recreation	Offers both informal and formal recreation opportunities, making it easy to keep fit, relax, have fun and meet your fitness goals. https://cru.ucdavis.edu/ucdhsfitnesscenter/
Chaplaincy Services and	Provides spiritual, religious, and pastoral care and services to meet the needs of staff, faculty, students and visitors while

Education	conducting an interfaith professional training for ministry through ACPE. https://health.ucdavis.edu/pastoral_services/
Ergonomics and Body Mechanics Program	Provides employees with ergonomic information, training and evaluations. https://safetyervices.ucdavis.edu/article/uc-davis-ergonomics-body-mechanics-program
Joy of Medicine Program, Sacramento Sierra Valley Medical Society	Offers resilience consultations and groups, peer coaching and support, wellbeing podcasts and a resource library. http://joyofmedicine.org/about-the-program/