









Resident Wellness

The wellness of UW Health Residents is important to us. There are resources to support your well-being while in training. If you have feedback on any of the services you have tried or have ideas, we'd like to hear from you.

uwgme@uwhealth.org

<p>Nutrition </p> <p>Wellness Options at Work</p> <p>Healthy Choices: Find Fresh and Local Food</p> <p>Nutrition and Wellness</p> <p>Culinary Services</p> <p>Nutrition Services</p> <p>Other Nutrition Resources</p>	<p>Physical Fitness </p> <p>Wellness Options at Work</p> <p>UW RecSports Affiliate Membership</p> <p>Exercise opportunities in the Madison Area</p> <p>Fitness and Gear Discounts</p> <p>Other Fitness Resources</p>	<p>General Health </p> <p>Wellness Options at Work</p> <p>Sleep</p> <p>UW Health Integrative Medicine Services</p> <p>Drug or Alcohol Addiction</p> <p>Tobacco Cessation</p> <p>Other General Health Resources</p>	<p>Family/Household </p> <p>Care.com; Sittercity</p> <p>Bright Horizons Backup Care advantage</p> <p>Life Matters: Empathia (Password: UWHC1)</p> <p>College Coach</p> <p>UW Health Corporate Discounts</p> <p>Grocery Pickup/Delivery: Metcalfe's, Hy-Vee, Woodman's</p>
<p>Weight Management </p> <p>Wellness Options at Work</p> <p>DIET FREE: Online program</p> <p>On-site Weight Watchers meetings — Beyond the scale</p> <p>Weight Management App Reviews</p> <p>Other Weight Management Resources</p>	<p>Emotional Wellness </p> <p>Life Matters: Employee Assistance Program (counseling services) (Password: UWHC1)</p> <p>Establish behavioral health care: (Unity, Physicians Plus, Dean, GHC)</p> <p>Drug or Alcohol Addiction</p> <p>Mindfulness Digital Library</p> <p>Center for Healthy Minds</p>	<p>Stress Management </p> <p>Wellness Options at Work</p> <p>UW Health Integrative Medicine Services</p> <p>Life Matters: Empathia (Password: UWHC1)</p> <p>Other Stress Management Resources</p> <p>Meditations</p>	<p>Lactation Resources </p> <p>UW Health Lactation Rooms</p> <p>Resources for Lactating Women</p> <p>Breastfeeding Support CBT</p> <p>Lactating Moms at UW Health Group (email to join/learn more)</p>



LifeMatters®

