



AT THE FOREFRONT

**UChicago**  
**Medicine**

# Well-Being Champions Program

**Supplemental information for applicants**

# Well-Being Champions Program Goal:

- The Well-Being Champions program seeks to engage, connect, and support resident/fellow leaders in contributing to institutional well-being for the University of Chicago GME community.
- Well-Being Champions will act as the core membership of the Well-Being Advisory Committee meeting quarterly to advance the mission and vision of well-being for resident and fellow physician peers.



# Selection Criteria

- PGY 2 or above level residents/fellows are eligible to apply
- Each applicant must be in good academic standing with approval from their Program Director
- Each applicant will submit an essay (no more than 500 words)
  - How have you been involved in medical education well-being in the past?
  - What is your motivation to continue this involvement and why are you interested in participating in the Well-Being Champions Program in particular?
  - What unique characteristics or ideas can you bring to this program?



# Program Components

- Service year runs from July 1<sup>st</sup> – June 30<sup>th</sup> (an academic year)
- Attend all (4) virtual Well-Being Advisory Committee Meetings\*
  - Plus 1 orientation meeting (date in July TBD)
- Lead a well-being initiative
- Attend 1 GME sponsored well-being event
  - Any Well-Being Month Enrichment Activity
  - Resident/Fellow Social

# Timeline

- Applications due: **May 23, 2025**
- Program Standing Confirmation: **June 2, 2025**
- Selected Champions Announced: **June 27, 2025**
- Orientation Meeting: **July 10, 2025**
- Activity Start: **July 17, 2025**

\*

# Well-Being Advisory Committee Dates 2025-2026

- Quarter 1: Tuesday, September 16, 2025 (in-person)
- Quarter 2: Tuesday, November 18, 2025 (virtual)
- Quarter 3: Tuesday, February 17, 2026 (virtual)
- Quarter 4: Tuesday, May 19, 2026 (virtual)

# Resident Champions Opportunities

- Impact institutional wellbeing practices
- Lead wellbeing engagement in your department
- Honorarium for each resident/fellow Wellbeing Champion
  - \$2000 received upon completion
- Branded materials and supplies, meals provided for in person committee meetings

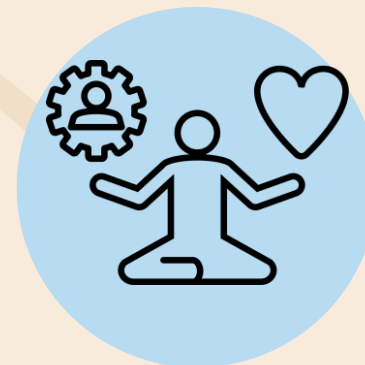


### Well-Being Check-ins

New residents are invited to a free, confidential scheduled session with an All One Health counselor

### GME Wellness SharePoint Page

Offers Well-Being tools and resources that can be accessed at anytime on the UChicago Medicine intranet



## GME Well-Being Initiatives

Candice Norcott, PhD  
Director of GME Wellness  
University of Chicago

### All One Health

UChicago's Employee Assistance Program (EAP) partner that provides counseling, resources, financial advice and more

### Well-Being Month

Annual month of well-being focused activities that includes a plenary series and other ancillary events available to all residents, fellows, medical students, faculty, and staff

### GME Well-Being Advisory Committee

Welcomes Resident and Fellow Physicians to share ideas and give feedback on ways to address Well-Being in the GME community