

Academic and Staff Assistance Program (ASAP)	ASAP offers information and counseling services for wellbeing and emotional health. <a href="https://hr.ucdavis.edu/departments/asap">https://hr.ucdavis.edu/departments/asap</a>
Academic Personnel	Helpful links for Faculty, Non-Faculty Academic Appointees, Administrators and Managers. <a href="https://health.ucdavis.edu/academicpersonnel/">https://health.ucdavis.edu/academicpersonnel/</a>
ARAG Legal Plan	UC offers the ARAG Legal plan, which gives staff and faculty access to a range of quality legal services. <a href="https://hr.ucdavis.edu/employees/benefits/health-welfare/legal">https://hr.ucdavis.edu/employees/benefits/health-welfare/legal</a>
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. <a href="https://hr.ucdavis.edu/departments/asap/resources-ucdh">https://hr.ucdavis.edu/departments/asap/resources-ucdh</a>
ASAP Resources – Legal Services	List of legal resources available to UC Davis faculty and staff. <a href="https://hr.ucdavis.edu/departments/asap/resources-ucdh/legal">https://hr.ucdavis.edu/departments/asap/resources-ucdh/legal</a>
Campus Recreation	Offers both informal and formal recreation opportunities, making it easy to keep fit, relax, have fun and meet your fitness goals. <a href="https://cru.ucdavis.edu/ucdhsfitnesscenter/">https://cru.ucdavis.edu/ucdhsfitnesscenter/</a>
Career Advancement Tools	Various workshops to provide faculty with the tools necessary to effectively manage their academic careers at UCD. <a href="https://health.ucdavis.edu/facultydev/career-advancement-tools.html">https://health.ucdavis.edu/facultydev/career-advancement-tools.html</a>
Career Counseling & Coaching	UC Davis employees are offered career coaching and counseling with a tailored approach to each individual. <a href="https://hr.ucdavis.edu/departments/learning-dev/career-dev/coaching-counseling">https://hr.ucdavis.edu/departments/learning-dev/career-dev/coaching-counseling</a>
Chaplaincy Services and Education	Provides spiritual, religious, and pastoral care and services to meet the needs of staff, faculty, students and visitors while conducting an interfaith professional training for ministry through ACPE. <a href="https://health.ucdavis.edu/pastoral_services/">https://health.ucdavis.edu/pastoral_services/</a>
Childcare Resources	Child Care Resources and subsidy programs. <a href="https://hr.ucdavis.edu/departments/worklife-wellness/children/child-care/ucdh">https://hr.ucdavis.edu/departments/worklife-wellness/children/child-care/ucdh</a>
Clinical Affairs	Includes: Clinical Affairs, Quality and Safety, Clinical Informatics, Clinician Health and Wellbeing and Medical and Regulatory Affairs, which includes oversight of the medical center licensure and accreditation functions, Managed Care Utilization, Health Management and Education, Transitions of Care, Home Care Services and Hospice Palliative Care. <a href="https://intranet.ucdmc.ucdavis.edu/clinicalaffairs/">https://intranet.ucdmc.ucdavis.edu/clinicalaffairs/</a>
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. <a href="https://hr.ucdavis.edu/departments/elr/dms">https://hr.ucdavis.edu/departments/elr/dms</a>
Ergonomics and Body Mechanics Program	Provides employees with ergonomic information, training and evaluations. <a href="https://safetyervices.ucdavis.edu/article/uc-davis-ergonomics-body-mechanics-program">https://safetyervices.ucdavis.edu/article/uc-davis-ergonomics-body-mechanics-program</a>
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). <a href="https://health.ucdavis.edu/facultydev/">https://health.ucdavis.edu/facultydev/</a> . Also visit their “Work-life and Wellness Resources”: <a href="https://health.ucdavis.edu/facultydev/worklife-wellness.html">https://health.ucdavis.edu/facultydev/worklife-wellness.html</a> , for a link to a variety of programs, policies and practices that are designed to support the collegial community of UC Faculty.
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. <a href="https://hr.ucdavis.edu/departments/worklife-wellness/financial-wellness">https://hr.ucdavis.edu/departments/worklife-wellness/financial-wellness</a>
Health & Wellness Courses	Alphabetical listing of all health and wellness course offerings at UCD Health. <a href="https://health.ucdavis.edu/wellness/">https://health.ucdavis.edu/wellness/</a>
Healthy UC Davis	Healthy Campus Network- Making UC Davis the Healthiest Community in the Nation. <a href="https://healthy.ucdavis.edu/">https://healthy.ucdavis.edu/</a>
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. <a href="https://hr.ucdavis.edu/departments/learning-dev">https://hr.ucdavis.edu/departments/learning-dev</a>
Leave/Time-Off	Leave/Time-Off Resources for Supervisors and Managers. <a href="https://hr.ucdavis.edu/supervisors/leave-time-off">https://hr.ucdavis.edu/supervisors/leave-time-off</a>
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: <a href="https://health.ucdavis.edu/medstaffwellbeing/">https://health.ucdavis.edu/medstaffwellbeing/</a>
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. <a href="https://health.ucdavis.edu/diversity-inclusion/">https://health.ucdavis.edu/diversity-inclusion/</a>
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. <a href="https://ombuds.ucdavis.edu/">https://ombuds.ucdavis.edu/</a>
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. <a href="https://health.ucdavis.edu/leadership/">https://health.ucdavis.edu/leadership/</a>
Organizational Excellence	Organizational excellence. A catalyst for positive change. <a href="https://oe.ucdavis.edu/">https://oe.ucdavis.edu/</a>
Resident Program	The resident program provides human resources support specifically for Resident Medical Staff at UC Davis Health. <a href="https://hr.ucdavis.edu/employees/ucdh-resident">https://hr.ucdavis.edu/employees/ucdh-resident</a>
Safety Services: Health and Wellbeing	List of staff and faculty health and wellbeing resources. <a href="https://safetyervices.ucdavis.edu/categories/health-and-well-being">https://safetyervices.ucdavis.edu/categories/health-and-well-being</a>
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: <a href="https://health.ucdavis.edu/mdprogram/student_wellness/">https://health.ucdavis.edu/mdprogram/student_wellness/</a>
Staff and Faculty Health & Wellbeing Program	Mission: Develop, promote and support a thriving culture of health and well-being throughout the UC Davis community. <a href="https://safetyervices.ucdavis.edu/article/staff-and-faculty-health-and-well-being-program">https://safetyervices.ucdavis.edu/article/staff-and-faculty-health-and-well-being-program</a>
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. <a href="https://hr.ucdavis.edu/departments/learning-dev/uc-learning">https://hr.ucdavis.edu/departments/learning-dev/uc-learning</a>
UC Living Fit Forever Wellness Program	Sustainable fitness and wellness program for UCD Health and SOM employees, faculty, residents, medical and nursing students looking for a permanent lifestyle change: <a href="http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml">http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml</a>
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: <a href="https://ucnet.universityofcalifornia.edu/working-at-uc/livingwell/">https://ucnet.universityofcalifornia.edu/working-at-uc/livingwell/</a>
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. <a href="https://health.ucdavis.edu/lgbtq-council/index.html">https://health.ucdavis.edu/lgbtq-council/index.html</a>
Wellness Resources & Programs	Wellness is a dynamic process of change and growth including physical, emotional, financial, intellectual, spiritual, social, environmental, and occupational wellness. <a href="https://hr.ucdavis.edu/departments/worklife-wellness/wellness-resources">https://hr.ucdavis.edu/departments/worklife-wellness/wellness-resources</a>
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). <a href="https://health.ucdavis.edu/wimhs/">https://health.ucdavis.edu/wimhs/</a>
Worklife Wellness	UCD supports faculty, staff, students and retirees in their pursuit of a healthy and happy lifestyle. <a href="https://hr.ucdavis.edu/departments/worklife-wellness">https://hr.ucdavis.edu/departments/worklife-wellness</a>