RESIDENT WELLNESS FUND POLICY
ANATOMICAL PATHOLOGY PROGRAM

DEPARTMENT OF PATHOLOGY AND LABORATORY MEDICINE UNIVERSITY OF OTTAWA

PURPOSE:

The well-being of our residents is of paramount importance to our program. We encourage healthy lifestyles, healthy choices and healthy living. The University of Ottawa and the Anatomical Pathology Residency Program supports resident physician wellness with many support services for residents.

1. Administration:

The fund is administered at the University of Ottawa by the Program Director.

2. Eligibility:

The fund is available for PGY1-PGY5 residents in the Anatomical Pathology Residency Program of the Department of Pathology and Laboratory Medicine at the University of Ottawa. Residents or fellows may apply to the fund to support resident wellness. Activities included but not limited to are and must be approved by the Program Director:

- Yoga classes
- Group fitness classes
- Aquafitness classes
- Tennis
- Golf
- Squash

In an effort to be environmentally conscious and go “green” the program will also support the purchase of a bicycle including a helmet up to a cost of $500. Please note that bike accessories will not be covered for a residents existing bicycle. If the bike is bought off a second hand website as cash (e.g. - kijiji, facebook groups etc) please provide an official receipt from the buyer for reimbursement purposes.

Biking is an excellent way to exercise, explore Ottawa and commute to work!
Coverage:

Residents may apply for up to a maximum of $500 per year to defray the cost associated with these activities. Original receipts must be provided.

3. Limitation:

Residents may receive an allotment from the fund only up to $500.00 per academic year, July through June. The funds will be used for this purpose and cannot be carried over to the next academic year.

*Revised September 5 2019*