

Physician / APC Peer Support Resources

Several local organizational wellness and general support resources are available to you. Keep this sheet handy as a quick reference guide.

Preferred EAP

Emotional well-being, counseling support
www.preferreddeap.org
610-433-8550



Physicians' Health Program (PA Medical Society)

Addiction and mental health support
<https://www.foundationpamedsoc.org/physicians-health-program/php-services>

Mindfulness-Based Stress Reduction

program *Learn to better manage your stress.*
<https://lvhn.org/mindfulness>

Pastoral Care

Spiritual support
610-402-8999

Well-Being Index

An excellent resource for self-assessment and education
<https://www.mywellbeingindex.org/signup>
Physicians use code: LVHN PHYSICIANS
APCs use code: LVHN APP

My Total Health program

LVHN's comprehensive health and wellness portal. Wellness coaching, health assessments, self directed action plans, challenges, and more!
<https://mytotalhealth.lvh.com>
610-969-0487

Primary Care Physicians

https://www.lvhn.org/find_a_doctor

LVHN Legal Services

If you would like to speak to an attorney call 610-969-2774

LVHN Risk Management

Routinely provides education related to defensive documentation, consent, handling difficult or disruptive patients, insurance coverages, the litigation process, and other risk related topics
<http://riskmgmt.content.lvh.com/home-2/services/>
610-402-9412