

# Benefits and Perks

## Resident Retreats

Residents enjoy a variety of retreats scheduled throughout the year. In the summer there is a team building retreat, in the fall a full-day communication retreat, and in the winter and spring half-day retreats focusing on topics selected by the residents.

## ACP Membership

Annual ACP (American College of Physicians) membership dues are paid by the program. The membership includes the Annals of Internal Medicine and the ACP Journal Club publication.

## Board Preparation

Each resident receives a copy of the MKSAP at the beginning of their R2 year. The Program also provides a weekly interactive Board preparation sessions during the noon hour for residents.

## Information Resources

Every Legacy computer has access to UpToDate, MD Consult, Ovid MEDLINE, Ovid Evidence-based Medicine Reviews, online journals and textbooks. These resources can also be accessed from home.

Legacy Health has implemented the 'Epic' electronic medical record system and all hospitals and clinics. By upgrading and standardizing patient information throughout Legacy, we can dramatically enhance our ability to provide higher quality care and better patient outcomes.

# Benefits and Perks (cont.)

## Insurance

Full health, vision and dental insurance coverage for each resident and his/her qualified dependents for a nominal monthly cost. There is a \$500 annual benefit for alternative care.

Life and disability insurance premiums are paid for the resident. A Flexible Spending Plan allows residents to save pre-tax dollars for reimbursement of eligible out-of-pocket healthcare and dependent care expenses.

## Fitness

Membership discount with *LA Fitness* at over 15 fitness centers throughout Portland and Vancouver.

## Parking

Free at all Legacy hospitals.

## Meals

Meals cards are provided for use during on-call days. Lunch is provided at weekly Medical Grand Rounds and occasional other noontime educational offerings.