

Guide to the LSOM Office for Faculty Wellness App

- 1 From Apple App Store or Google Play Store, download "**PowerApps.**"



- 2 Open PowerApps and under all apps, search for "**LSOM Faculty Wellness.**"

- 3 Click on the **information** button (i) and add us as a **Favorite.**

- 4 Explore!

What do the buttons mean?

1: In Crisis? HELP 24/7: provides you with information in crisis services.

2: Access Care: provides you with information regarding behavioral health resources in and outside of the institution.

3: Self-Screen: provides you with wellness screening options to measure your levels of wellness and burnout and based on your score, provides you with resources and next steps for getting help.

4: OFF Website: takes you to the LSOM Office for Faculty website! Here you will find information focused on faculty wellness and professionalism, faculty development, career development as well as the promotion and tenure process.

5: Be Your Best: provides you with professionalism resources in and outside of the institution.

6: Joy: provided you with information to support your engagement in joy in medicine.

7: Help us help you: just like is sounds! Provide us with feedback on your experience with the app as well as anything you think is missing and should be added. Contact the Office for Faculty at LSOMOFF@uthscsa.edu or (210) 567-4774 for questions or comments.

