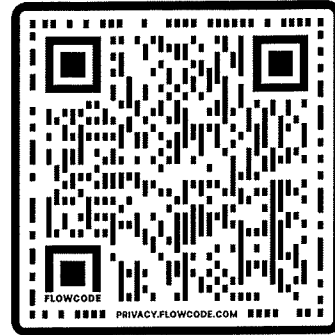


Resident Health Resources

Contribute to the Google Doc if you have a provider to recommend or open the doc to click links by scanning the QR code:



Medical Resources

Finding Medical Providers – employee sponsored health insurance is Highmark (www.highmarkblueshield.com)

Employee Health Care Concierge Services (for current employees) – can help schedule all needed medical appointments (including for specific times, with specialists, can tell you if you'll need a referral, etc) within Penn State Health System.

- EmployeeHealthCareConcierge@pennstatehealth.psu.edu
- 833-774-8326

Others:

- Urgent Care (in network)
 - MedExpress Hershey
 - 565 E Chocolate Ave, Hershey, PA 17033
 - 717-533-4935
 - Patient First Harrisburg
 - 5125 Jonestown Rd Ste 105, Harrisburg, PA 17112
 - 717-943-1566
- Telehealth
 - [Penn State Health OnDemand | Penn State Health](#)
 - Includes urgent care, late hours, behavioral health, and COVID screenings
- Primary Care Physician
 - Generic Penn State PCP Scheduling: 800-243-1455
 - Internal Medicine, Family Medicine - Cocoa Ave office
 - 1150 Cocoa Ave, Hershey, PA 17033
 - 717-531-6015
 - Family Medicine - Fishburn Office
 - 845 Fishburn Rd, Hershey, PA 17033
 - 717-531-8181
 - Internal Medicine, Family Medicine - Schoolhouse Rd Office
 - 3100 Schoolhouse Rd, Middletown, PA 17057
 - 717-948-5180
 - Family Medicine - Nyes Rd Office
 - 121 N Nyes Rd Suite A, Harrisburg, PA 17112
 - 717-657-4040
 - Internal Medicine - UPC
 - 200 Campus Dr, Suite 2400 | Entrance 4, Hershey, PA 17033
 - 717-531-4952
- OB/GYN
 - Penn State
 - 35 Hope Dr (2nd floor), Hershey, PA, 17033

Resident Health Resources

- 717-531-3503
- Office of Professional Mental Health
 - PMH@pennstatehealth.psu.edu
 - 717-531-8658

Dentists

Finding Dentists – employee sponsored dental insurance will be United Concordia (www.ucci.com)

- Hershey Dental Group
 - <https://www.hersheydentalgroup.com/>
 - 32 Northeast Dr., Suite 202, Hershey, PA 17033
 - (717) 533-2800
 - Late hours on Wednesdays
- Dental Associates of Hershey
 - [Dental Associates of Hershey | Dentist Hershey PA | Hershey Dentist](#)
 - 1253 Cocoa Avenue, Hershey, PA 17033
 - 717-534-2985
 - Late hours on Tuesdays
- Hershey Dental Care
 - <https://hersheydentalcare.com/>
 - 575 E.Chocolate Ave, Hershey, PA 17033
 - 717-312-7030
 - No late hours
- Crosstown Dental Group Hershey
 - <https://www.crosstowndentalhershey.com/>
 - 823 Reese Ave, Hershey, PA 17033
 - 717-520-5952
 - Late hours on Tuesdays
- Oral Surgeons - Wood & Myers
 - <https://www.woodandmyers.com/>
 - 4341 Linglestown Road, Harrisburg, PA 17112
 - 717-545-6200
- Hummelstown Dentistry
 - <https://www.hummelstowndentistry.com/>
 - 266 E. Main St, Hummelstown, PA 17036
 - (717) 256-0020
 - 7a-6p Tues-Thurs

Eye Care & Glasses/Contacts

Finding Vision Providers – employee sponsored vision insurance will be Davis Vision through Highmark (www.highmarkblueshield.com)

- Morrison Eye Associates

Resident Health Resources

- Morrison Eye Associates – Harrisburg | Hershey | Dillsburg – Optometry, Glasses, Contacts
- 2 Briarcrest Square Hershey, PA 17033
- (717) 533-2362
- Open until 6 p M-Th
- Target Optical
 - EyeGloss Stores Near Me - Target Optical Store Locator
 - 4600 High Pointe Blvd Harrisburg, PA
 - 717-260-5237
 - Open until 8 PM on M-F with some weekend hours

Mental Health

Mental health

- Office of Professional Mental Health
 - PMH@pennstatehealth.psu.edu
 - 717-531-8658
 - Has some later evening appointments, now doing opt-out mental health check-ins with Peds Residents
 - Can see urgently and emergently with good availability
- WeCARE Support sessions (passcode 198388) are every 1st and 3rd Tuesday 7am-7:30am and every 2nd and 4th Tuesdays 5:30pm-6pm. All faculty/staff are invited anytime.

Crisis - Penn State

- 24/7 Crisis support for staff and family: 877-229-6400, or text LIONS to 741741
- 24/7 on call chaplain (HMC Staff Support Hotline): 717-531-3600 or TigerText

Crisis

- Mental Health Emergency Hotline: 988
- Dauphin County Crisis Intervention: 717-232-7511
- YWCA/Rape Crisis and Domestic Violence Services: 717-238-7273
- TrevorLifeline for LGBTQ Youth: 1-866-488-7386
- National Suicide Prevention Lifeline: 800-273-8255
- Veterans' Crisis Line: 800-273-8255
- Physician Support Line: 888-409-0141 and physiciansupportline.com

Self screening

- Penn State Office of Professional Mental Health Self-CheckThe Anonymous Self-Check Assessment Questionnaire:
 - Is entirely anonymous, confidential and completely voluntary
 - Is a safe and easy way to find out if stress, anxiety or depression may be present
 - Is a free service from the Office for Professional Mental Health
 - There are three easy steps:
 - Take and submit a brief (less than 10-minute) questionnaire.

Resident Health Resources

- A program counselor will post a personal response on the secure website with information, recommendations and options for next steps.
- The person taking the questionnaire has the option of communicating with the counselor through the website, on the phone or in person, or choose to do nothing further.
- Mental Health America screenings (free, anonymous)
 - Free, anonymous, online mental health screenings are available through Mental Health America's website. Following screening, those completing the questionnaires will be provided with information, resources and tools to discuss the results with a provider and can contact the office to make an appointment in the Office for Professional Mental Health.
 - Depression <https://screening.mhanational.org/screening-tools/depression>
 - Anxiety <https://screening.mhanational.org/screening-tools/anxiety>
 - Bipolar <https://screening.mhanational.org/screening-tools/bipolar>
 - PTSD <https://screening.mhanational.org/screening-tools/ptsd>
 - Addiction <https://screening.mhanational.org/screening-tools/addiction>
 - Psychosis <https://screening.mhanational.org/screening-tools/psychosis>

Scheduling Doctors Appointments

IF YOU NEED AN APPOINTMENT, YOU NEED AN APPOINTMENT. THESE ARE **IDEAL TIMES AND IF YOU CANNOT SCHEDULE DURING THESE TIMES JUST NOTIFY THE CHIEFS. IF YOU NEED TO GO TO AN URGENT/EMERGENT APPOINTMENT, PLEASE NOTIFY CHIEFS AND GO!**

Resident Health Resources

For Electives/outpatient rotations:

Rotation	Times to Schedule	Avoid Scheduling
Allergy/Immunology	Wednesday 11-1 4 th Thursday before 8:30	
Anesthesia	No specific times, afternoon likely better	
Adolescent	Appointments can be worked around, just notify Dr. Brady-Olympia.	Friday mornings Tuesday mornings
Cardiology	No specific times, notify in advance	
Child Protection	Most times can be accommodated	Tuesday 9-10am Second Friday 8-9am
Peds Surg/CT Surg	Notify chiefs in advance	
Dermatology	Fridays and some Thursdays	
Development	Wednesday & Friday afternoon	
Endocrine	Wednesday afternoon (12-2pm) Friday afternoon (after 1pm)	
GI	1 st Wednesday 8-9am	
Genetics	Thursday and Friday, All Day	
Heme/Onc	Any Time	
Hospitalist	Afternoons	
ID	Any time is fine	
Milton Hershey School	Notify in advance if appointments are made	
Nephrology	After Thurs conference; Late afternoon any day but Monday	Mon Afternoons; Fri Mornings; (Fri afternoon- Less important)
Neurology	Friday Afternoons	
Ophthalmology	Thursday before 9	
Otolaryngology	Second Tuesday 7:30-8:30am Every weekday 7-8am	
Palliative Care	Any day before 8:30 (OK if a bit late); Late afternoon	Hospice day; Communication training afternoon
Pulmonology	Notify in advance	
Psychiatry	Can be flexible, notify in advance	
Radiology	11:30am-1pm (when in-person)	
Rheum	3 rd Mon; and 1 st and 3 rd Thurs	
Sports Medicine	Friday Mornings	

In all cases, the elective director and coordinator should be notified in advance when possible

Inpatient rotations:

Avoid scheduling during rounds, after rounds is preferred. Don't forget to sign out to your co-residents!
Please notify the chiefs and your team in advance.