

Welcome to CHOP! I am Lauren Chestnut, Manager of CHOP's Well-being and Work-life programs. As you work hard to care for our patients and your family, it can be easy to put your own well-being aside. However, making time for your own well-being models healthy behaviors and allows you to provide the most value to our patients and your loved ones. We encourage you to take advantage of our many programs and offerings that help you to better manage your work-life, build healthier habits, become more resilient, and achieve your health and well-being goals. With programs ranging from Health Coaching, Employee Assistance Provider, Well-being Challenges, Healthy Eating & Sleep, Family Supports, Discounts and so much more - - you will be able to access powerful resources right at your fingertips. Please visit the Wellness @CHOP community to learn of all the opportunities available to you.