

PGME and The Office of Resident Affairs and Physician Wellness are excited to announce the launch of the **PGME Physician Wellness mobile application**.

Our goal in creating this application was to provide a user-friendly interface that allows resident and fellows to catch up on all things wellness related - quickly and conveniently.

We know you are busy people with busy lives. Keeping this in mind, the app gives residents and fellows the ability to request an appointment with the Wellness team by simply clicking on and submitting a booking request form. The whole process takes 30 seconds to complete!

The application also includes easy to find updated information on a variety of subjects, including; rental properties, family friendly events happening in and around the city, medical scholarship information and video links for mindful activities such as yoga and meditation.

Because the application was designed exclusively for UCalgary residents and fellows, your feedback is important. We encourage you to register and scroll around. Do you see anything missing? Would you like to add something? The more feedback received, the more we can fine tune the application content to provide the best experience possible. The team is open to all ideas and suggestions, so don't be shy! Please email suggestions to residentwellness@ucalgary.ca

How to Register:

1. Scan the QR code
2. Enter through the Apple or Google store to download the app
3. Set up an account and after you confirm your password enter the access code: 2021
4. Check it out and let us know what you think.

Issues registering? Please email residentwellness@ucalgary.ca

