

Education

Grow Our Own

Interested in a nursing career?
Receive financial support and some paid time off while you pursue your degree.

Tuition Affiliations

Albany Med partners with The College of Saint Rose and Hudson Valley Community College to offer free courses and tuition discounts for employees pursuing degrees in nursing and social work.

Tuition Reimbursement

Receive tuition reimbursement from Albany Med dependent on length of service, employment status, and course dates.

Health

Albany Med Benefits

Access this convenient online resource where benefit plan members can download forms, get answers to common questions, and find other helpful links.

Albany Med Fitness

Free 24/7 access and free classes for all employees.

Albany Med Outpatient Pharmacy

Offers you and your dependents competitive prices on prescription and over-the-counter medications.

aptihealth

As part of our CDPHP health plan, staff and their families have access to a virtual platform that provides emotional and mental health support.

Best Fitness

Stay in peak shape at these state-of-the-art fitness centers. Enrollment is free.

Pil-Sung Martial Arts & Fitness

Classes for children and adults, private lessons, and workshops. Receive 10 percent off monthly tuition.

Schott's Boxing and Fitness

Classes for men and women ages 12-70+. Private lessons. Receive 10 percent off monthly tuition.

Sidney Albert Albany Jewish Community Center

Includes a state-of-the-art fitness center, indoor/outdoor swimming pools, after-school activities, early childhood, and senior programs. Receive a 10 percent discount on memberships and waive a \$100 registration fee.



Here with you.
Here for you.

You are our most important asset.
Your wellness is essential to thrive.

Albany Med continues to make significant investments in **you**, our valued colleagues. We have a wide array of services and programs to support your emotional, physical, and mental wellbeing. Please take advantage of everything we have to offer.

We accomplish great things as a team—the greatest is how we care for our patients and each other. The key to that success is to take good care of yourself.



Scan this QR code with your phone camera to visit the Albany Med Careers website.

albanymedcareers.com

Wellness



5-Minute Meditations

Mindful videos and meditations available on demand, stress management strategies.

Albany Med Fitness

Free 24/7 access and free classes for all employees.

ACE Program

Our suicide prevention program. Help is always available.

Albany Med Outpatient Pharmacy

Offers you and your dependents competitive prices on prescription and over-the-counter medications.

Capital EAP

Our employee assistance program. Designed to encourage personal wellbeing and provide guidance to help achieve work/life balance.

Capital Region Employer Resource Network

Provides assistance to those needing support navigating life circumstances.

Communication Skills Fair

Held semiannually or quarterly, focusing on communication basics and conflict management.

Crisis Management and Prevention

Training from the New York State Office of Mental Health on self-regulation, de-escalation, patient-centered care, and much more.

Employee “Map Walk”

An easy means to map walking routes at work or home and track distance walked or calories burned.

A Lesson of Hope: A Discussion of Values and Meaning in Moral Adversity

An in-person discussion of values, virtues, and personal meaning to assist in coping with situations of moral adversity and distress.

Medical Society of New York’s Peer to Peer Program

A program in which physicians, residents, and medical students can talk with a peer about life stressors.

Mindful Meditation

Weekly 15-minute guided meditation sessions.

Nurse Residency Program

Five 3-hour sessions for new nurse graduates on communication, resilience, de-escalation, ethics, and case management and social work.

Nursing Room for Moms

Located in A-425, open 24/7.

Pastoral Care

Offers a listening ear, support for stress, and more.

Pet Therapy

Specially trained dogs that help reduce staff stress and tension.

Resident Professional Wellbeing Program

Provides group sessions, drop-in counseling and videos for residents, faculty, and staff.

Schwartz Rounds

Monthly sessions led by leaders in various fields focus on the human dimension of medicine and discuss the social and emotional issues of daily work.

Seen, Heard, and Validated

Educational program that leads participants in behavioral role modeling exercises to understand other points of view.

Self-Regulation Skills: Interoceptive and Emotional Awareness

A 10-minute teaching exercise designed to bring awareness to body sensations, emotions, and breathing for calmness.

Smoking and Tobacco Cessation

Individual sessions, 90-minute workshops, classes, and staff training.

Student Professional Wellbeing Program

Provides mentoring, drop-in counseling, and videos.

Support Our Staff (S.O.S.)

Offers spiritual and emotional support during moments of crisis, stress, or difficulty.

Team Debriefing—Infant Loss

Monthly team debriefing with everyone involved, including families, following all neonatal deaths.

TEAM STEPPS

A children’s hospital program for registered nurses designed to improve culture and staff experience by providing tools for teamwork and communication.

Unit-Based Support Group

Provides standardized guidance for creating a formal staff support group within a unit.

Advantages Campus



Albany Med Kids

Licensed program offering full- and part-time child care for children 6 weeks to 5 years old. Albany Med employees receive a 20 percent discount.

ATMs

Two convenient main campus locations and another at South Clinical Campus.

Bicycle Storage

Two bike corrals located on campus which are secured by card readers, cameras and alarms.

Choices Café

Enjoy many culinary options at a 20 percent discount on the main campus and at South Clinical Campus and 1275 Broadway.

Community Outreach—Volunteer Opportunities

Join your colleagues in local fundraising walks, serve Thanksgiving meals to area families in need, donate blood, and more.

Dunkin’

Open 24/7 on our main campus.

Gift Shop

Find flowers, candy, stamps, magazines, seasonal items, and Albany Med merchandise.

Subway

Full-service location on the main campus.

U.S. Postal Service Mailboxes

Conveniently located on main hospital and South Clinical campuses.

Community

AHP Homeownership Center

Full-service nonprofit resource for Capital Region homebuyers and homeowners offering individual counseling and education.

Buenau’s Optician Inc.

Offers Albany Med employees and families 25 percent off full eye exams, a complete pair of frames and lenses and new contact lens fittings.

Buyer’s Edge Inc.

A consumer buying service that negotiates extra discounts through a network of participating vendors.

CDPHP Cycle!

Bicycles are free for Albany Med employee use. Explore nearby neighborhoods, run errands or change up your commute.

CDTA Universal Access

Through our partnership, Albany Med employees may ride CDTA buses for free—anywhere, any time.

DiNapoli Opticians

Offers 10 percent discount on contact lenses, solutions and accessories; a 15 percent discount on prescription lenses; and 20 percent discounts on frames and lenses for Albany Med employees and their immediate families.

Employee Service Program (ESP)

Access online discounts and services including amusement park tickets, hotel, and travel discounts and electronics.

Judy Torel’s Training, Coaching, Nutrition and Lifestyle Services

Receive a 10 percent discount on services including dietary and weight loss programs.

New England Nanny

A premier home-help agency offering nannies, babysitters, senior care, housekeeping, and other household services. Receive 50 percent off annual membership fee and a complimentary on-site needs assessment.

