

**Medical Society of the District of Columbia**  
**FAQ on Wellbeing Consultations**

As a no-cost benefit to its members, the Medical Society of DC provides a limited number of appointments to any one or more of its contracted coaches and psychologists (“contracted professionals”).

**How are the wellbeing professionals chosen?**

We have selected multiple contracted professionals based on their reputation, location, and interest in delivering these services to our members. They include certified coaches, coaches securing their professional certification, and psychologists. Some have additional certification as family and marriage or addiction coaches or have received national board certification. All contracted professionals must hold current and appropriate licenses/certifications OR be in the process of obtaining an appropriate certification.

MSDC’s program offers or will offer services from certified coaches, licensed psychologists, social workers, and therapists. The International Coach Federation (ICF) defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential”. According to the American Psychological Association, psychologists “examine the relationship between brain function and behavior, and the environment and behavior, applying what they learn to illustrate our understanding and improve the world around us”.

**How many appointments does MSDC provide?**

Members may access up to two (2) 45-60-minute appointments with our contracted professionals during a single twelve-month period, based on the date of the first appointment. If ongoing coaching or therapy is desirable, the member may make separate payment arrangements with the contracted professional. A contracted professional may offer appointments less than 45 minutes that, if equal to two total hours, may be reimbursed by MSDC for the same hourly rate.

**Are my sessions reported to MSDC or my employer?**

All services are confidential within the contracted professional-member client relationship. MSDC will have no knowledge of which members have accessed these services. Billing for these services will be done between the contracted professional and Medical Society while protecting the participant’s identity. MSDC members will sign into their member account online and via the online membership system obtain a code for their free services.

**Can all MSDC members use this service?**

In order to access services, program utilizers must be current with their MSDC membership dues (including the 3-month grace period following the beginning of the calendar year) at the time of making appointments.

Participants must be an active MSDC enrolled member. They must be a practicing physician (MD or DO).

The services do not include counseling or other services for relatives of a member. This may change in the future. This service is currently not available for medical students, Residents, Fellows, retired members, or associate members.

**What if I need to reschedule or miss an appointment?**

Members who arrive late to scheduled appointments are subject to being limited to the hour reserved by the contracted professionals, based on their discretion and schedule, and will still count as one of the allotted appointments per year. Missed appointments may be rescheduled and not bill/count the appointment as missed at their own discretion.