



SCHOOL OF MEDICINE

FREE LOBOCHECKS FOR MEDICAL STUDENTS

Office of Medical Student Affairs (OMSA) and Office of Professional Wellbeing (OPW)
July 2021

What is a Lobocheck?

Lobochecks are 15-30 minute virtual visits with a doctor or psychologist from OPW for a brief conversation about stress management, relationships and family, health concerns, and more. This meeting will be scheduled for everyone in your class, for some time in the summer.

The medical schools that have done this have found it to be very popular among trainees. Checking in with a professional even when you are feeling fine can be very helpful for managing stress during training, the pandemic, and more.

Is Lobocheck confidential?

Yes! No information about the visit is shared with your learning community mentor, faculty, peers, or anyone at UNM. The visit does not need to be reported to medical boards or malpractice insurance, either.

Is Lobocheck required?

This is voluntary, but it is very popular and successful with the students who have used it. You may opt out by contacting by notifying Rebecca Lloyd (Rlloyd@salud.unm.edu) at least 24 hours before your scheduled visit.

Who should I ask if I have questions?

- **Dr. Liz Lawrence, MD**, Assistant Dean for Professional Well-being, at Elawrence@salud.unm.edu
- **Dr. Joyce Phillips, MD**, Director for UME Initiatives, at JPhillips@salud.unm.edu