

# Concierge services to support a healthy work-life balance.

Circles concierge services is just another way MedStar Health Total Rewards is prioritizing your wellbeing this Doctor's Day and everyday.

Beginning **April 1**, access a personal assistant who will handle your assigned day-to-day tasks and errands, leaving you with more time to care for patients and enjoy life.



### Resource referrals

Save time finding reliable support to help with errands, like grocery shopping, dry cleaning, and meal delivery.



### Event planning

Assistance with organizing a special occasion, such as a birthday party or date night.



### Travel agent

Simplify your travel plans by entrusting us to book your flights, hotels, and transportation for your next trip.



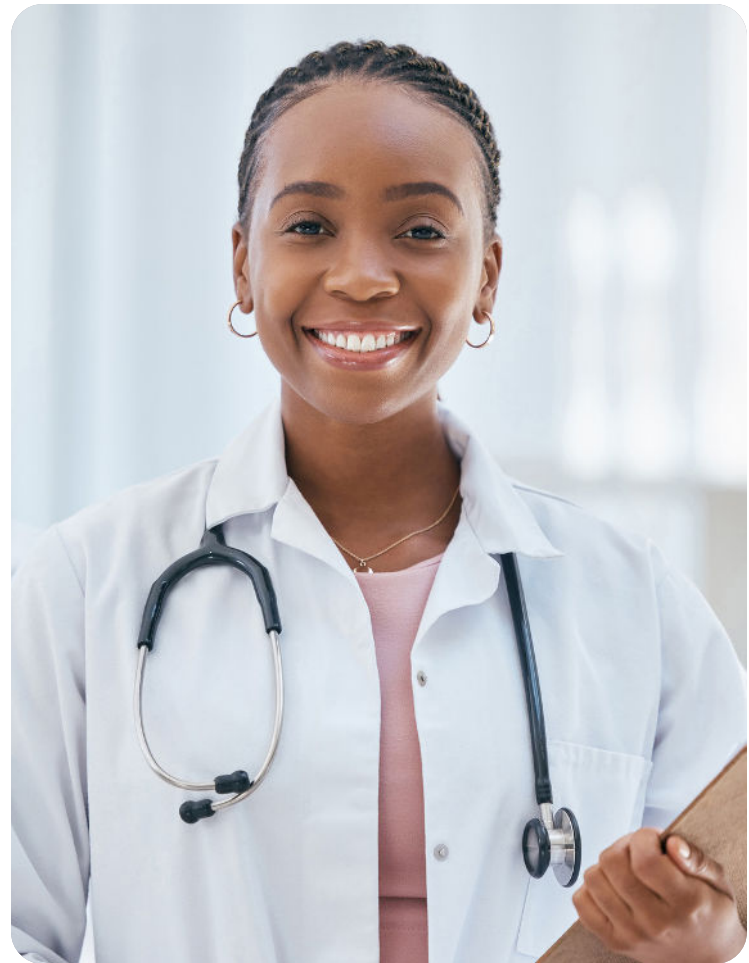
### Pet services

From dog walking to pet sitting, we will ensure your furry friends are well taken care of.



### Moving

From moving companies and resources, to hotels along the way to your new destination, concierge services has you covered



With your consent, your personal assistant will make reservations and purchases on your behalf using your preferred method of payment. Circles is a benefit available to all MedStar Health physicians, Advance Practice Providers (APPs), and residents.

## Requesting concierge services:



Online  
[myHRMedStar.net/EAP](https://myHRMedStar.net/EAP)



Mobile App  
Download "My Circles" mobile app



Phone  
866-625-3797



Email  
[medstar@circles.com](mailto:medstar@circles.com)

**It's how we treat people.**

 **MedStar Health**