



Ochsner Clinic Foundation – Graduate Medical Education

House Staff Benefit Options

2025-2026 House Staff Stipend Schedule (January 2026 Updates)			
PGY-1	\$ 62,795.01	PGY-5	\$ 73,402.77
PGY-2	\$ 65,090.94	PGY-6	\$ 76,033.65
PGY-3	\$ 67,287.40	PGY-7	\$ 78,845.20
PGY-4	\$ 70,103.01	PGY-8	\$ 83,411.69

Benefits - Ochsner Health provides house staff with a comprehensive benefits plan that includes health, dental, disability, and life insurance, as well as the opportunity to participate in a 401(k) plan or a 403(b) tax-deferred annuity program. The health, dental, disability, and life insurance programs are offered at minimal cost to the house staff.

Ochsner 25-26 Benefits include:	
Medical	Flexible Spending Accounts
Dental	Employer Paid Term Life
Vision	66 2/3% Long Term Disability
Pharmacy	Pathway to Wellness Program-Go365 program
Salary Continuation	Vacation Time
401 (k) Plan & 403 (b) Plan	Tobacco Free program – lower premiums / WW (Weight Watchers® Reimagined) 50% discount

Employee Discounts and Special Offers – Ochsner offers a variety of local and national discounts through their partner, Perkspot. It is a one-stop-shop for exclusive discounts from your favorite brands including 30,000 national and local offers including travel, cell phones, restaurants, auto, apparel, electronics, and more. Check out all the great offers by signing up at www.Perkspot.com.

Lab Coats – Two (2) personalized embroidered lab coats are provided to incoming house staff.

Ochsner Fitness Center Discount - includes \$0 initiation fee, \$56 per month membership rate (house staff only). House Staff who utilize our facilities 12 or more times in a calendar month will qualify for a \$20.00 usage credit off their dues for the following month

Parking – Free, safe, secure on-campus parking provided for all house staff.

Professional Liability Insurance/General Liability Insurance - Ochsner will provide, maintain, and pay costs of the following:

- Professional liability insurance of self-insurance with limits of not less than \$1 million per occurrence and \$3 million annual aggregate.
- General liability of self-insurance with limits of not less than \$1 million dollars annual aggregate covering all assigned residents.

Mental Health & Wellness Resources – Resources available to help you live a healthier you:

- [Silver Linings Series](#) –10-part video series of short talks about the power to change perspective and improve self-awareness.
- [Connecting with Our Peers \(C.O.P.E.\)](#) –Confidential peer support for employees involved in stressful or challenging patient events.
- [Resilience Course](#) – In-depth training designed to guide understanding & handle all kinds of stress.
- [Cabana](#) – Group virtual-reality based scheduled sessions on specific topics and moderated by licensed clinical caregivers. Anonymous participation available.
- [Employee Assistance Program \(EAP\)](#) - no-cost service available to you & your household for emotional support, financial resources, & legal guidance. The EAP is a completely confidential service. It is scheduled by the employee and provided by a licensed clinical caregiver. Lyra – 877-390-7273

Vacation

Vacation days allowed per academic year. Use it or lose it applies per year. Several services have additional restrictions on when and how vacation may be taken while on rotation through that individual discipline, which are at the discretion of the program director.

Level of Trainee	Number of Days	Number of days not to be exceeded
	Monday – Friday	with continuous weekends
PGY-1	10	14
PGY-2	15	21
PGY-3 and above	20	28