

TMC Volunteer Benefits

✓ **Employee Health Services**

Immunizations/Vaccines & Blood Pressure Checks

✓ **Cafeteria & Snack Shop**

Free soda and standard coffee & a 25% healthy choice discount.

✓ **TMC Pharmacy privileges**

324-2520 (outpatient)

✓ **Hearing Aid Discounts**

The Audiology department is located on the TMC Campus, at the Palo Verde Building. Physician referrals are required for initial appointments. For more information, call 324-6978 or use email Therapy.Answers@tmcaz.com.

✓ **Mail Room privileges** (daily 11am-1pm)

✓ **TMC Events**

Stroke & Heart Check events, as well as TMC celebrations, vendor sales, staff discounts and more!

✓ **Senior Services (educational In-services)**

[TMC Health](#) | [Community](#) | [TMC for Seniors](#)

✓ **Optimal Results (OR) Gym Membership – located in TMC**

24 Hour Access for only \$12 a month! Credit/debit payment only. TMC employees and volunteers may add up to two additional family workout buddies (must be 18 years of age or older) each for \$12 a month as well!

✓ **TMC Gift Shops**

Volunteers get 15% off the regular price OR the sale price (whichever is better).

Gift Shop

Operated by the TMC Auxiliary for more than 50 years, our Gift Shops offer a wide of array of items, such as clothing, gifts, sundries, jewelry and much more. All profits from sales are donated back to TMC for medical services.

Location: The TMC Gift Shop is located on the east side of the hospital, next to Pepper's Cafe.

Phone: 324-5885

The Desert Cradle

The Desert Cradle supports new moms and families offering breastfeeding supplies, including breast pumps and nursing bras as well as a full array of clothing from preemie through youth sizes. The Desert Kids Safety program is conveniently available at this location too, with car seats, bike helmets and home safety products for families.

Location: The Desert Cradle is located on the southeast side of the hospital, across from the business office.

Phone: 324-2180