

NOT ALL HEROES WEAR CAPES:

Why Every Healthcare Organization Needs a Well Being Advocate

VITAL WorkLife developed the Well Being Advocate Program after their research¹ uncovered physicians reported multiple barriers in seeking help for well being issues. As part of their Physician Well Being Resources solution, the Well Being Advocate Program positively impacts an organization's work to create a culture of well being—while at the same time engaging physicians in supporting their colleagues and their own personal well being.



23%

of surveyed physicians claim their organization offers **ZERO** well being solutions for distressed team members.¹

A **Well Being Advocate** is someone who voluntarily takes a strong interest in the **adoption, implementation and success** of internal and external **well being resources within the organization**.

78%

of physicians report barriers to accessing well being solutions.¹

85%

of physicians and advanced practitioners reported moderate to severe stress.¹



7 OUT OF 10

physicians cite access to well being solutions as a crucial step to advancing from symptoms of burnout.¹

50%

of physicians cite speaking with a peer as a valuable solution to reducing burnout.¹

1. VITAL WorkLife and Ceyka Search "The Physician and Advanced Practitioner Well Being Solutions Survey, 2017"

Contact us for more information on our [Physician Well Being Resources](#) solution and the Well Being Advocate Program. Read more about the Well Being Advocate Program, the Advocate's responsibilities and why the program was developed in our article, "[How to Improve Culture with a Well Being Advocate](#)."

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