



## VITAL WorkLife App

### How to Use Your Well Being Resources: VITAL WorkLife App

As a busy physician or provider, you are challenged with unique demands of today that impact your well being and your work/life balance. Take charge with the VITAL WorkLife App! The VITAL WorkLife App is part of your [Well Being Resources](#) and was designed to help you assess and improve your well being and easily access your VITAL WorkLife resources whenever you need them.

#### What can I do with the VITAL WorkLife App?

##### Connect with Your Program Resources

- Connect directly to the WorkLife Concierge site
- Tap to call or email VITAL WorkLife
- Learn more about Peer Coaching and how to use it; schedule an intake to get started
- Review information about your resources

##### Take Assessments to Evaluate Your Well Being

- Assessments for each of the six dimensions of well being (professional, physical, financial/legal, spiritual, emotional, relational). Assessments now include:
  - The Well-Being Index, invented by the Mayo Clinic
  - Maslach Burnout Inventory (MBI)
  - Mindfulness Attention Awareness Scale (MAAS)
- After completing each assessment, receive recommendations based on your results



#### *What is the Well-Being Index?*

The Well-Being Index is a brief online self-assessment based upon validated research conducted by the Mayo Clinic. The assessment helps you better understand your overall well being and areas of risk compared to other physicians across the nation. The nine-question survey provides you with immediate individualized feedback including tools and local and national resources to address well being. Setting up an account to complete the assessment is fast and easy. To do so:

- Open the VITAL WorkLife App and click “Assessments”
- Click “Well-Being Index” and the registration page will open
- Register (approx. two minutes)
- Take the survey (approx. two minutes)

##### Access Insights and Videos

- View Insights by dimension of well being
- Watch relevant videos from VITAL WorkLife on our new video channel

- Watch your orientation video for a five-minute overview of your VITAL WorkLife Well Being Resources

## How to Access the App

Download the VITAL WorkLife App from your favorite app store (search for VITAL WorkLife) and log-in with your organization’s credentials. If you don’t know your log in information, ask your organizational contact for VITAL WorkLife—or you can call VITAL WorkLife at **877.731.3949** to request your log in credentials.



## What other resources are available to me as part of my Well Being Resources?

- [Peer Coaching](#)
- In-the-moment phone counseling
- Face-to-face and virtual counseling
- [WorkLife Concierge](#)
- Financial/Legal Consultations and Resources
- VITAL WorkLife App
- Online Resources to support your well being, including your [Member Website](#)

## We Can Help

To access your entire suite of Well Being Resources, contact us at **877.731.3949**, [online](#) or through the **VITAL WorkLife App**.

***Take control of your personal and professional well being today with the VITAL WorkLife App!***

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