

Physician Well Being Resources

Discreet and confidential resources designed specifically for medical professionals and their families

Peer Coaching

- Finding Joy, Meaning & Purpose in Medicine
- Communication & Conflict Resolution
- Stress & Burnout
- Work/Life Integration
- Identifying Limits & Setting Boundaries
- Establishing Healthy Habits
- Leadership Development

In-Person and Phone Counseling

Confidential, non-diagnostic counseling with our master's and doctorate level professionals

Legal & Financial Consultations and Resources

Call anytime for support.

877.731.3949

Visit VITALWorkLife.com for online resources.

Member Site Login

Username:

Password:

VITAL WorkLife App

Scan the QR code to download the mobile app.

Company username:



- Connect with your program resources
- Take assessments to evaluate your well-being, including the Well-Being Index, invented by Mayo Clinic
- Access Insights, Videos and more



WorkLife Concierge

A time-saving virtual assistant to help with everyday and special occasion tasks

- Dining Recommendations & Reservations
- Travel, Entertainment & Event Planning
- Personal & Family Needs
- Household Maintenance & Projects
- Personal Errands & Shopping



Pathways to Well Being

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