

# Provider 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](http://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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