



# Build a strong well-being foundation in residency

**Residency means long hours, intense pressure and sometimes uncharted territory. Our free and confidential resources are designed to help you manage stress effectively, ensuring you can perform at your best while maintaining optimal well-being at work and at home.**

## **Your resources include:**

- Peer Coaching
- WorkLife Concierge
- In-the-moment support, anytime–day or night
- Legal Assistance
- Leadership development & executive coaching
- Financial Consultation & Resources
- Online resources
- VITAL WorkLife Mobile App
- Counseling for you and your family members
  - Manage depression and anxiety symptoms (irritability, fatigue, concentration, focus, etc.)
  - Marital/relationship/family concerns
  - Communication and interpersonal relationships
  - Substance use concerns
  - Maintaining balance between work and home

## **Peer Coaching**

Through Peer Coaching, you can talk with a licensed medical professional who is also a certified coach that specializes in working with residents and understands the unique stressors you face. Peer Coaching can help with:

- Building confidence
- Developing resiliency
- Processing patient deaths
- Navigating stress and burnout
- Processing feedback
- Coping with stress from EHR documentation
- Work and life balance
- Strengthening practice effectiveness
- Developing leadership skills

## **Scan to watch your orientation video!**



## Counseling

Our team of master's and doctorate-level licensed professionals are available any time, day or night. Counseling includes both in-person and virtual options.

## WorkLife Concierge

WorkLife Concierge is an all-purpose virtual assistant that can help you make the most of your limited free time during residency by managing every day and special occasion tasks. This service could be particularly useful if your program has resulted in a move and not having access to a network of support. Services may include:

- Moving & relocating
- Pet sitting & care
- Finding trusted plumbers, home service professionals
- Securing concert tickets, travel plans
- Shopping, returns & exchanges
- Party & event planning
- Errand running
- Finding day care
- Home & auto cleaning

## Speak to a Counselor Anytime with In-the-Moment Support

Feeling stuck about a situation or having a tough day? We'll connect you with an empathic counselor who can help you process your thoughts and provide practical mental health solutions, anytime—day or night. You don't have to face it alone, we're here to help.

## Scan the QR code to download the mobile app.

Company Username:



First time user? Make sure to REGISTER



## Financial Consultation and Resources + Legal Assistance

You have virtual and telephonic access to:

### Unlimited financial consultations

- Student loan repayment
- Budgeting,
- Financial planning and more.

**A 30-minute consultation with a legal professional** who can answer legal questions related to your personal life\* and will provide a discounted rate if you retain them for continued service.

### Online financial and legal tools & resources

- Calculators,
- Willmaker,
- Worksheets,
- Legal forms,
- Free credit reports and more.

\*Employment law or medical malpractice legal issues are not included.

**Call anytime for support.**

**877.731.3949**

**Visit [VITALWorkLife.com](https://VITALWorkLife.com) for online resources.**

Member Site Login

Username:

Password:



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