



VITAL WorkLife App

Your Resource to Well-Being



As a busy physician or provider, you are challenged with unique demands that impact your well-being and your work/life balance. Take charge with the VITAL WorkLife App, designed to help you assess and improve well-being, improve understanding of your resources and simplify access.

The VITAL WorkLife App helps you:

Connect with your program resources

- Directly access the WorkLife Concierge site
- Tap to call or message VITAL WorkLife
- Learn more about Coaching, Counseling, Legal and Financial Resources and how you and your family members can utilize them
- Access your VITAL WorkLife Member Website, optimized for mobile-use—with extensive work and life resources including thousands of articles, assessments, online seminars, calculators, checklists, resource links and more

Member Website Credentials

Username:

Password:

Take assessments to evaluate your well-being

- Assessments for each of the six dimensions of well-being (professional, physical, financial and legal, meaning and purpose, emotional, relational), the Well-Being Index and Maslach Burnout Inventory
- Receive recommendations based on your results and track past results

Set personal goals

- Establish personal goals and set reminders to stay on track

Access Insights and videos by experts

- Read Insights organized by dimension of well-being
- Access the VITAL WorkLife YouTube channel
- Easily access your orientation video for an overview of your VITAL WorkLife Well-Being Resources

What is the Well-Being Index?

The **Well-Being Index** is a brief online self-assessment invented by the Mayo Clinic. This nine-question, confidential survey helps you better understand your overall well-being and areas of risk compared to other healthcare professionals across the nation and provides immediate individualized feedback including tools and resources to address well-being.

Setting up an account and completing the assessment is fast and easy:

- Open the VITAL WorkLife App and tap “Assessments”
- Tap “Well-Being Index” and the registration page will open
- Register (approximately two minutes)
- Take the assessment (approximately two minutes)

15 ways to use the VITAL WorkLife App:

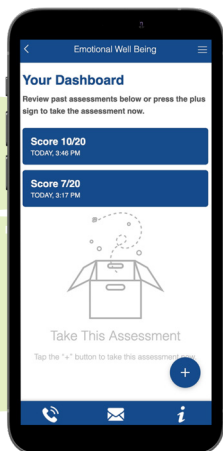
1. Take the **Well-Being Index** assessment
2. Use mindfulness resources to support your well-being and help reduce stress
3. Make travel arrangements with **WorkLife Concierge**
4. Take the **Maslach Burnout Inventory**
5. Read Insights written by industry experts to help in your well-being journey
6. Evaluate your relational depth
7. Assess your mindfulness with the **Mindfulness Attention Awareness Scale**
8. Take inventory of your financial and legal health
9. Contact us to schedule financial coaching
10. Watch videos to improve your emotional intelligence
11. Set goals to improve your physical well-being
12. Learn more about your resources by watching the orientation video
13. Make dinner reservations or purchase tickets with **WorkLife Concierge**
14. Connect with your **Peer Coaching** resources
15. Contact a VITAL WorkLife Well-Being Coordinator



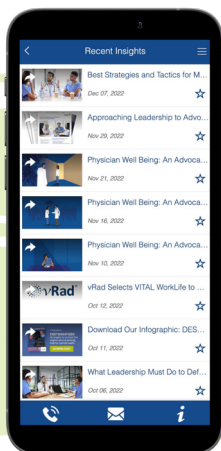
Take control today!

Download the VITAL WorkLife App and register with your Company Username to access your Well-Being Resources.

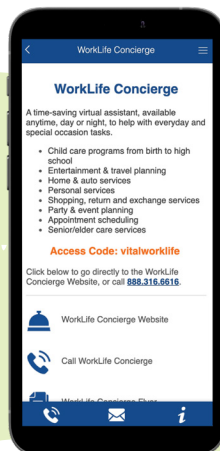
Company Username:



Well-Being Assessments



Read Valuable Insights



Use WorkLife Concierge



877.731.3949 | VITALWorkLife.com

30-041-1222

