



Provider Well Being Resources

Designed for Providers and Their Families



Providers face challenges unique to the medical profession. Your important role of practicing medicine can be extremely stressful and it's often hard to balance work and family demands. **Provider Well Being Resources, designed specifically for providers and their families, can help.**

Life happens

Many providers are reluctant to ask for help, yet they're often in desperate need of a compassionate listener-mentor-coach who understands the professional and personal challenges they face. Provider Well Being Resources can help you deal with a variety of work and life challenges including, behavioral health or emotional issues.

Peer Coaching

With peer coaching you can talk with someone who has personal experience with the unique challenges of the medical profession—someone like you. Peer coaching offers a collaborative relationship with flexible boundaries allowing for mentorship and guidance—as well as support in finding ways to navigate difficult situations. Peer coaches will work with you to address goals, performance or general issues in your life or profession, including:

- ▶ Finding joy, meaning & purpose in medicine
- ▶ Communication & conflict resolution
- ▶ Stress & burnout
- ▶ Work/life integration
- ▶ Identifying limits & setting boundaries
- ▶ Leadership development

Provider Well Being Resources includes:

- ▶ Peer coaching & mentoring
- ▶ WorkLife Concierge, a time-saving virtual assistant
- ▶ In-the-moment counseling for you and your family members, available by phone or in-person
 - Depression, stress & anxiety
 - Anger management
 - Interpersonal conflict
 - Marital, relationship & parenting concerns
 - Work & life issues
 - Well being lifestyle changes
- ▶ Legal & financial resources
- ▶ Leadership development & executive coaching
- ▶ Referral to reputable resources for issues such as chemical dependency
- ▶ Provider orientation
- ▶ Online resources
- ▶ VITAL WorkLife App

Pathways to Well Being

877.731.3949 | VITALWorkLife.com

Coaching and counseling

Cross functional teams provide completely confidential services for you and any member of your family, including your spouse, significant other and children (regardless of age or location). Your organization will not know who uses the services, when or for what reasons.

Teams of physicians and master's and doctorate level licensed mental and behavioral health professionals can help with:

- ▶ Sorting through a variety of work & life issues
- ▶ Communicating effectively
- ▶ Work/life integration
- ▶ Relieving depression & anxiety
- ▶ Managing interpersonal conflict
- ▶ Coping with grief or loss
- ▶ Dealing with drug or alcohol abuse
- ▶ Addressing addictive behaviors
- ▶ Identifying limits & setting boundaries
- ▶ Resolving marital & relationship troubles
- ▶ Managing anger
- ▶ Understanding & resolving work-related issues with leadership, peers or subordinates
- ▶ Overcoming legal or financial problems

WorkLife Concierge: Reducing stress & saving time

Your WorkLife Concierge, an all-purpose virtual assistant, can help with a wide variety of daily tasks, from arranging for events like dinners, lessons and vacations, to fulfilling unique requests.

Time is one of your most important assets. Take advantage of this resource to help with almost any task:

- ▶ Dining recommendations or reservations
- ▶ Travel arrangements
- ▶ Tourist & city information
- ▶ Sports & recreation
- ▶ Shopping
- ▶ Entertainment tickets or reservations
- ▶ Household chores
- ▶ Day-to-day support for children or parents

We help organizations, teams and individuals to be their best.

VITAL WorkLife, Inc. is a national behavioral health consulting practice supporting all dimensions of well being in the workplace.

For over 35 years, our proven solutions have helped to reduce workplace conflict, facilitate culture change, strengthen interpersonal communication and build well being.

Username:

Password:



Your VITAL WorkLife App helps you:

Connect with your program resources

Tap to call or email VITAL WorkLife, connect to the WorkLife Concierge site and learn more about your resources.

Take Assessments to evaluate your well being

- ▶ Assessments for each dimension: physical, professional, relational, financial/legal, spiritual and emotional
- ▶ The Well-Being Index, based upon validated research by Mayo Clinic
- ▶ Maslach Burnout Inventory
- ▶ Mindfulness Attention Awareness Scale

Access Insights and Videos

View insights by dimension, watch relevant videos and view your 5-minute video orientation.

Set Personal Goals

Establish personal goals and set reminders to stay on track.



Confidential

Services are completely discreet and confidential, except where licensure-related issues mandate reporting. Every effort is made to provide appropriate resources and help resolve issues proactively so you don't find yourself in situations where your professional status is at risk.

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