



Invest in the most important resource: your people

VITAL WorkLife offers a suite of well-being solutions designed exclusively for healthcare teams. With almost 20 years of experience delivering sought-after solutions, we're your expert guide to achieving greater productivity, retention and work and life fulfillment for your care teams and their families.

Physician Well-Being Resources

A premium, physician-focused solution of well-being and time-saving resources designed to help you remove barriers to well-being and start producing measurable strides toward burnout prevention.

- **Peer Coaching:**
 - **Physician Peer Coaching:** a confidential collaborative partnership with a physician or clinician—who is also a certified coach—to strengthen personal and professional well-being
 - **Executive Peer Coaching**
 - **Nurse Peer Coaching or Educator Peer Coaching** is also available for family members
- **National team** of certified physician peer coaches and senior behavioral health consultants



10x

engagement by
physicians compared to
traditional solutions

- **WorkLife Concierge:** a time-saving virtual assistant to help with every day and special occasion tasks
- **Customized well-being assessment**
- **Counseling**
- **Legal Assistance**
- **Financial Consultation & Resources**
- **VITAL WorkLife Mobile App**
- **In-the-moment support**

Promote well-being for all members of your healthcare workforce with our **Well-Being Resources** and **Employee Assistance Program**.



Employee Assistance Program

We offer specialized peer coaching, counseling and support resources to help healthcare teams facing challenges. Our extensive network of clinical experts and dedicated account managers provide personalized support to improve staff and family lives, strengthen teams and enhance work environments.

- **Peer Coaching (available for you and your family members):**
 - **Nurse Peer Coaching** offers confidential, one-on-one coaching sessions with fellow nurses who have extensive clinical experience
 - **Educator Peer Coaching**
- **National team** of certified nurse peer coaches and senior behavioral health consultants
- **Counseling**
- **Legal Assistance**
- **Financial Consultation & Resources**
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90%

of our cases are with healthcare employees

Additional Solutions

Physician Intervention

Using our proven, four-phase approach, we help you retain a valued physician, when possible, by effectively addressing issues or behavior to help bring your physician back to being a fully productive member of your medical staff.

Interactive Screening Program, in partnership with the American Foundation for Suicide Prevention

A customized program providing a safe and confidential way to screen for mental health conditions and receive an anonymous, personal response from a counselor to address concerns.

Training & Education

Trainings can include workplace well-being topics such as:

- Adverse events
- Conflict & change management
- Effective communication
- Grief and loss
- Resiliency and stress & burnout

Coaching & Support

We offer:

- Executive (C-Suite) Coaching
- Group Coaching and Facilitation
- Coaching & Support + Case Management

Consulting

Consulting is customized to your organization and can include:

- Facilitation and mediation
- Cultural renewal
- Leadership enhancement
- Team development
- Conflict management
- Organizational surveying
- Well-being assessments
- Well-Being Check In's
- Change management & planning

The well-being of your people can't wait.

Scan the QR code to contact us.

[VITALWorkLife.com](https://vitalworklife.com)



VITAL WorkLife is the leading mental health and well-being expert for healthcare organizations and their workforce. We've focused on healthcare since 2007, and today our innovative solutions are leading the way in helping physicians, nurses and entire care teams address professional burnout, life challenges and barriers to seeking help.

