



Physician Well Being Resources



The Well Being of Your Physicians Matters

With unprecedented levels of change in healthcare, including increased regulations, administrative time for physicians and the negative stigma associated with seeking help, many physicians report high levels of stress and burnout. The well being of your physicians & advanced practitioners impacts:

- Recruitment & retention
- Patient satisfaction scores
- Physician engagement
- Care team relationships
- Patient quality & safety
- **Your bottom line**

Physician Well Being Resources

VITAL WorkLife provides a confidential and discreet solution specifically designed to reduce stress and burnout, promote work/life integration and support the well being of your physicians. Key components of the solution include:

WorkLife Concierge

Our WorkLife Concierge is an all-purpose, virtual assistant offering first-class service to help maximize the limited time of physicians and their families. WorkLife Concierge can assist with a variety of every day and special occasion tasks, including:

- Personal services
- Home & auto services
- Shopping, return, exchange services
- Party & event planning
- Entertainment & travel
- Appointment scheduling
- Senior/elder care services

Physician Peer Coaching

Physician Peer Coaching offers a collaborative partnership between a certified physician coach and their physician client, focused on goals and strengthening personal and professional well being. Through Peer Coaching physicians can talk with someone who understands and has personal experience with the unique challenges of the medical profession.

Why VITAL WorkLife?

We are passionate about helping physicians become their best selves. In 2007 we launched a dedicated healthcare practice focused on improving physician well being. We have:

- A national team of certified physician peer coaches and senior behavioral health consultants who deliver life-changing well being solutions
- Physician-focused behavioral health solutions that address six dimensions of well being, including:
 - **Physician Well Being Resources**, which includes a customized well being assessment, peer coaching, counseling, concierge services and a mobile app
 - **Physician Interventions** with in-depth case management to address disruptive behaviors
- A unique program that educates, trains and coaches Well Being Advocates to influence and inspire well being in organizations

20:1 to 40:1

For every \$1 spent on Physician Well Being Resources, you save \$20-\$40.*

* Based on productivity savings using the VITAL WorkLife ROI calculator.

VITAL WorkLife App

Designed to help physicians improve their well being and easily access their VITAL WorkLife Resources whenever they need them. The app includes:

- Assessments and recommendations, including the Well-Being Index, invented by the Mayo Clinic, and the Maslach Burnout Inventory
- Easy access to program resources, including the WorkLife Concierge site
- Insights and videos by experts



Well Being Advocate Program

Well Being Advocates are identified internally, work with an assigned coach and follow an established curriculum for onboarding. Well Being Advocates voluntarily take a strong interest in adoption, implementation and success of Physician Well Being Resources in their organization.

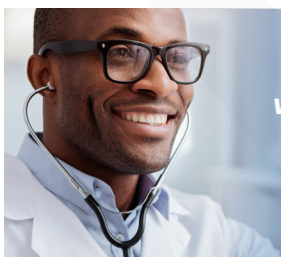
Program Engagement Support

Based on our experience in delivering physician-focused solutions, we have developed a Proven Process to support our clients. We present non-identifiable engagement data to measure program effectiveness and to ensure goals and success metrics are met. Clients have access to a Digital Engagement Hub with resources to help successfully promote Physician Well Being Resources.



Additional Resources Included:

- Financial consultations and resources
- Legal consultations and resources
- Leadership Consultations and Coaching to assist leaders in finding resolutions to their unique challenges
- Online resources, including well being insights, online seminars and more
- In-the-moment behavioral health support with a master's or doctorate level counselor, available 24/7
- Counseling, available in either face-to-face or virtual sessions
- Referrals to reputable national and local resources for ongoing behavioral and mental health support



"Working tons of hours at two different sites, I was struggling to find balance between my work and family life. After five sessions with a peer coach, I was able to set boundaries and learn to let go of things that prevented me from being successful outside of work."

Physician, Large Metropolitan Hospital

Our passion is helping organizations, teams and individuals to be their best.

VITAL WorkLife, Inc. is a physician-focused national behavioral health consulting practice supporting all dimensions of well being in the workplace with a multitude of solutions. Serving the U.S. healthcare industry since 2007, our national team of certified physician peer coaches and senior behavioral health consultants deliver life-changing well being solutions.

Want to learn more about Physician Well Being Resources?

Visit us online at VITALWorkLife.com or contact us at **877.731.3949**

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