



# Physician Well Being Resources



## Physician Well Being Matters

With unprecedented levels of change in healthcare, including the regulation of the practice of medicine and corresponding reimbursements, as well as increased administrative time for physicians, 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. 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 relationship with flexible boundaries allowing for mentorship and guidance—as well as support in finding ways to navigate difficult situations. Our extensive panel of peer coaches will work with physicians to address goals, performance or general issues in their life or profession.

#### Why VITAL WorkLife?

We are passionate about helping physicians become their best selves by providing physician-focused behavioral health solutions. We have:

- A national team of physician peer coaches and senior behavioral health consultants
- 10+ years dedicated to physician well being
- A unique well being assessment, process and case management program delivering proven outcomes

# 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 for Physicians, based upon validated research from the Mayo Clinic, and the Maslach Burnout Inventory
- Insights and videos
- Goal setting



## 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 become internal experts of resources and help promote program engagement for the improvement of both personal and organizational well being.

## Program Engagement Support

Highly consultative account management, strategic implementation guide and regular reporting with non-identifiable engagement data to show program effectiveness. A digital engagement hub with resources to help you promote all Physician Well Being Resources has to offer.

## Additional Resources Included:

- Legal & financial consultations and resources
- Leadership development & executive coaching
- Online resources, including well being insights, online seminars, eLearning courses and more
- In-the-moment telephonic support available anytime, along with face-to-face counseling with our vetted, highly experienced senior behavior health consultants
- Referrals to reputable resources for issues such as chemical and drug dependency



*“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

**We help organizations, teams & individuals to be their best.**

VITAL WorkLife, Inc. is a national behavioral health consulting practice supporting all dimensions of well being. Our solutions are designed to meet the unique needs of physicians and healthcare organizations surrounding physician performance, satisfaction and retention. Our unique offerings include confidential support for physicians and providers, behavioral intervention programs, peer coaching, consulting, critical incident resources and a robust employee assistance program.

**Want to learn more about Physician Well Being Resources?**

Visit us online at [VITALWorkLife.com](http://VITALWorkLife.com) or contact us at **877.731.3949**

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