



Nurture well-being, transform healthcare

As the top mental health and well-being expert in healthcare, VITAL WorkLife supports organizations with innovative solutions leading the fight against professional burnout, life challenges and barriers to care. Our Employee Assistance Program (EAP) reimagines healthcare well-being at the intersection of passion and profession.

More than your ordinary EAP

For more than 40 years, we've offered a comprehensive suite of solutions designed to aid employee well-being, in every dimension inside and outside of the workplace.

We believe in a whole-person approach to speak truth to stigma, dismantle barriers to access and reduce burnout—all benefiting your bottom line and contributing to positive patient outcomes.

Nurse Peer Coaching

Our nurse peer coaches serve as a confidential and knowledgeable sounding board for concerns such as:

- Active leadership and communication
- Managing high stress
- Dealing with grief and loss
- Balancing work and family
- Self-care and coping with staffing challenges
- Addressing bullying from staff

Confidential Counseling—at no added cost

Counseling is a free benefit available to eligible employees and their family members. Short-term and solution-focused, sessions focus on addressing current distress and can be in-person or virtual.

In-the-Moment Support is also included for talking through issues, anytime—day or night.

“...it’s such a great learning experience to share information with others whose work histories may offer some striking parallels yet remain so different from my own”

Registered nurse, mid-sized oncology clinic

Full suite of well-being resources

- Unlimited phone consultations
- Counseling
- Nurse Peer Coaching and Educator Peer Coaching
- Parent Coaching
- Career and Life Coaching
- Legal Assistance
- Financial Consultation & Resources
- Identity Theft prevention & support
- WINFertility Support
- Free Quicken WillMaker & Trust
- Unlimited WorkLife Consultations to help with child and adult care, education, health/wellness & daily life
- Member website
 - 5,000+ articles, assessments, online seminars, audio files, calculators, downloadables & more
- Mobile app
 - Access resources, expert insights & videos, complete well-being assessments
- 500+ online support groups; 65+ monthly online classes

Organizational resources

Disruptive Event Management (DEM) & Crisis Response, 24/7/365

- Use for workplace accidents or other traumatic events
- Offers onsite support to anyone affected
- Manage negative impacts to employee morale and productivity
- Available with subscription or as needed

Performance Based Referrals & Chemical Use Assessments

- Support your leadership team
- Address workplace concerns

Other resources include:

- Supervisor & Manager Support
- Return-to-Work Coaching
- Support for Grief and Loss
- Formal Referrals

Client Success Resources

- Dedicated Account Management Team
- Targeted promotional campaigns
- Resource site with promotional materials
- Strategic, customized Guide to Client Success

Targeted solution offerings to address your organization's unique needs

Well-Being Trainings offer custom training on a topic of your interest, or customization any of our current courses to meet your organization's needs. Training topic examples:

- Diversity and Inclusivity
- Emotional and Mental Health Well-Being for Leaders
- Intergenerational Teams
- Burnout and Compassion Fatigue

Interactive Screening Program from the American Foundation for Suicide Prevention is a web-based program that provide anonymous screenings for stress, depression and other mental health concerns. Individuals then get a personal response from a program counselor with what resources are available to them, and confidentially communicate for further support.

Customized Consulting for a variety of needs.



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

Scan the QR code to contact us.
VITALWorkLife.com

10-058-0724

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.

