



PHYSICIAN WELL-BEING RESOURCES

A complete well-being solution physicians favor and healthcare trusts

VITAL WorkLife works with you to support your physicians with premium solutions to address their unique barriers, burnout and life challenges. Our Physician Well-Being Resources helps keep physicians in medicine, improve patient satisfaction and benefit your bottom line.

Healthcare workers have long experienced stress and burnout, but in today's world, physician well-being can no longer go unnoticed or unsupported. Even with the growing number of resources out there to support physician well being, **more than 73% of physicians say they still feel burnt out.**

Organizations continue to deal with the negative cultural and financial impacts caused by early retirement, increased employee turnover, quiet quitting, and so on.

Studies show there are systemic, internal and organizational barriers that must be resolved

Physician Well-Being Resources is the leading, physician-focused solution that helps organizations tackle barriers to well-being and start producing measurable strides towards burnout prevention.

to start seeing a difference in physician well-being, and the way to do that is from the top down. It starts with organizations acknowledging the factors driving burnout such as:

- unsustainable workloads;
- insufficient rewards;
- inefficient systems and processes;
- or lack of belonging

and choosing to do something about it by prioritizing well-being initiatives.



10x

engagement by physicians compared to traditional solutions



92%

of physicians said our peer coaching helped them stay in their role and/or medicine





Physician Peer Coaching

Peer Coaching is one of our top proven resources to help physicians rediscover their love of medicine and find purpose in their work. Physicians are carefully matched with a Peer Coach who's experienced their unique challenges firsthand, help them to feel understood and:

- Address personal and professional goals
- Work through roadblocks and limiting beliefs
- Develop leadership skills and communication styles
- Set healthy boundaries for better work and life integration



WorkLife Concierge

WorkLife Concierge services aid your employees in outsourcing the everyday tasks that take up valuable time. This first-class service offers physicians and their families greater work-life balance where life distractions don't impede on work, and they can go home with an already-completed to-do list. Services may include:

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



VITAL WorkLife Mobile App

Part of the reason why physicians utilize our resources far more than traditional solutions is because of the easy and secure access they have to the VITAL WorkLife App. Inside they get direct access to:

- Accredited Well-Being Assessments
- WorkLife Concierge services
- Peer coaching communications
- Goal-setting strategies and in-app reminders to stay on track
- Call or email VITAL WorkLife Support directly



Well-Being Advocates

A common reason why organizations see low engagement rates with their EAP or other well-being solutions is simply a lack of awareness. Our Well-Being Advocate program trains internal champions to:

- Promote VITAL WorkLife Well-Being Resources to your organization
- Facilitate physician needs
- Bolster engagement rates

“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

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

Scan the QR code to contact us.

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.

