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Mobile App

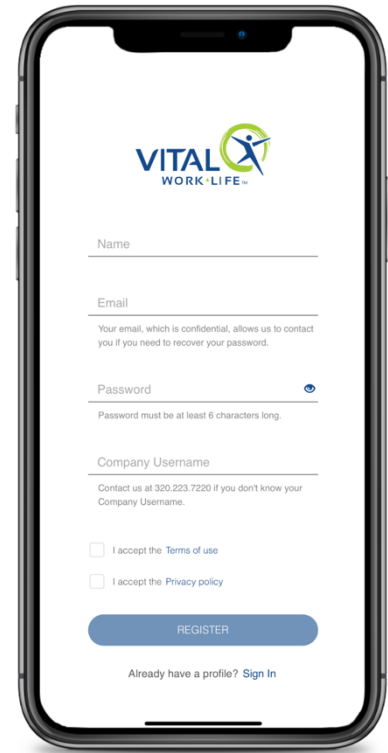
VITAL WorkLife App FAQ

Your Resource to Well-Being

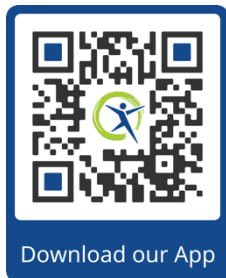
The VITAL WorkLife App is part of your Well-Being Resources and is designed to help assess and improve well-being, improve understanding of your resources and simplify access.

What can I do within the app?

- Directly access your WorkLife Concierge website
- Complete assessments including the Well-Being Index for Physicians, an online self-assessment based upon validated research conducted by the Mayo Clinic
- Learn more about your resources and how to access them
- Access the VITAL WorkLife YouTube channel
- Easily access your orientation video for an overview of your VITAL WorkLife Well-Being Resources
- Keep current on Insights organized by dimension of well-being



How do I access the app?



- Download the VITAL WorkLife App from your app store or scan the QR code.
- Select “register” to create your new profile, using your name, email, password of your choosing, and Company Username.
- Company Username:

If you've previously used the app, our log in process has been improved to provide you more security and confidentiality. You will be prompted to create a new profile using your own credentials and Company Username.

Will my information remain confidential?

Yes. All of your Personal Health Information (PHI) in the app, or in the assessments, is strictly confidential and is never shared.

Is this login information the same for the Member Website?

Your Company Username is the same for both, but the passwords will differ.

What if I don't remember my login or I have questions?

Contact VITAL WorkLife at **320.223.7220** with questions or for help troubleshooting any technical issues, and at **877.731.3949** for general resource related questions.