



Well Being Resources for Residents

SUPPORTIVE RESOURCES FOR RESIDENTS & THEIR FAMILIES

Your Resources are Confidential and Easy to Access

Your Well Being Resources are confidential, available at no cost to you and can be accessed by phone, mobile app or online. Resources can be utilized by you or any member of your family, including significant other, children and even extended family (regardless of age or location).

Peer Coaching

Through Peer Coaching, you can talk with a licensed medical professional who is also a certified coach that specializes in working with residents and understands the unique stressors you face as a resident. Peer Coaching can help with:

- Processing an adverse event
- Navigating unusual levels of stress, burnout and developing resiliency
- Receiving challenging feedback from colleagues, patients or attendings
- Experiencing information overload
- Balancing the demands of family and practicing medicine
- Building confidence and strengthening your practice effectiveness
- Developing leadership and communication skills

Counseling and In-the-Moment Support

Our team of master's and doctorate-level licensed professionals are available any time, day or night. In-the-moment support can be accessed telephonically, and counseling includes both face-to-face and virtual options. Topics could include:

- Communicating more effectively with your care team members
- Exploring and managing feelings of anger and frustration
- Addressing relationship concerns during demanding periods of time in residency
- Achieving a healthier balance between residency and your life outside of medicine

We Protect Clinicians

SafeHaven[™] provides:



INDEPENDENCE. The bill establishes, in the Virginia Code, legal protections for a professional program which addresses issues related to burnout by healthcare professionals.

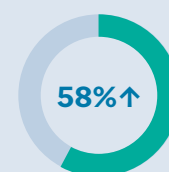


IMMUNITY. Amendments give more professional discretion to the provider on when to report to the board a belief that a physician or PA is in danger to themselves or others. All participants of SafeHaven[™] are immune from reporting unless they are a danger to themselves or others.

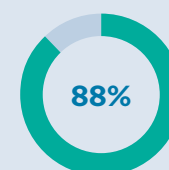


PRIVILEGED COMMUNICATIONS. Consultations under SafeHaven[™] are considered privileged communications and do not pose a risk to a clinician's medical license, except in the case of extraordinary circumstances.

Effectiveness of Peer Coaching¹



Increase in self-reported well being due to Peer Coaching



Of physicians said they would prefer talking with a peer

Financial and Legal Consultations and Resources

Resources are available to help you manage and overcome the unique financial and legal stressors that can take place during residency and cause stress and strain on your personal and professional life. You have virtual and telephonic access to:

Unlimited financial consultations with an experienced consultant who will work with you through any questions or concerns, such as student loan repayment, financial planning and more.

A 30-minute consultation with a legal professional who can answer legal questions or concerns related to your personal life* and can connect you with a local attorney at a discounted rate for additional support.

Online financial and legal tools and resources, such as calculators, tip sheets, worksheets, legal forms, online seminars, articles, free credit reports and more.

* Questions related to employment law or medical malpractice legal issues are out of scope.

WorkLife Concierge

WorkLife Concierge is an all-purpose virtual assistant that can help you make the most of your limited free time during residency by managing your to-do list—completing every day and special occasion tasks. This service could be particularly useful if your internship/residency program has resulted in a move to a new community and not having access to a network of support. Services may include:

- Shopping, Returns and Exchanges
- Party & Event Planning Services
- Errand Services
- Finding Day Care Services
- Moving and Relocation Services
- Home Cleaning & Auto Services; Home Contractors
- Entertainment & Travel Arrangements

VITAL WorkLife App

Take charge of your well being as a resident with the VITAL WorkLife App, designed by experts to help you self-assess, set goals and connect with your VITAL WorkLife resources anytime, anywhere. With the VITAL WorkLife App, you can:

- Take assessments to evaluate your well being, including the **Well-Being Index**, invented by the Mayo Clinic, and the **Maslach Burnout Inventory**.
- Connect with and learn about your resources to fully utilize what's available to you and your family members. **Tap to call or message VITAL WorkLife!**
- View Insights and videos to sustain healthy habits and support every dimension of your well being in residency and beyond.

Contact VITAL WorkLife at **877.731.3949**, through the **VITAL WorkLife App** or fill out a **contact us form** at any time for the support you and your family need.

Username:

Password:

How to Access Your WorkLife Concierge:

Go Online:

VITALWorkLifeConcierge.com
Use access code: vitalworklife

Email Us:

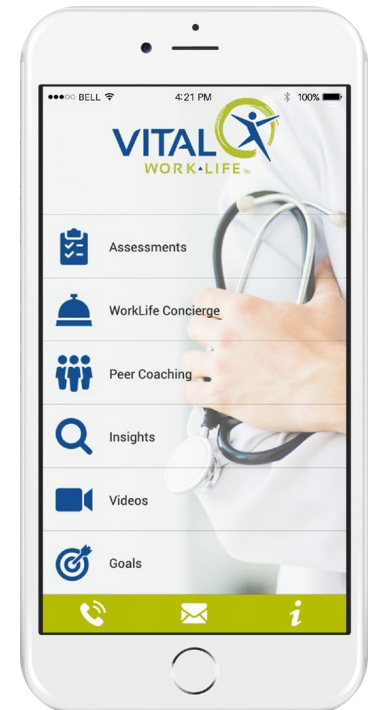
service@VITALWorkLifeConcierge.com

Call Us:

888.316.6616

Get the VITAL WorkLife App:

Connect conveniently to the WorkLife Concierge site to make requests



Endorsed By



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.

Pathways to Well Being 877.731.3949 • VITALWorkLife.com

1. Ferron, L, Shannon, DW. Peer Coaching Impacts on Physician Well Being. VITAL WorkLife. 2021.