

VITAL WORKLIFE APP

YOUR WELL BEING RESOURCES, WHEREVER YOU NEED THEM

As a busy physician or provider, you are challenged with unique demands that impact your well being and your work/life balance. Take charge with the VITAL WorkLife App, designed to help you assess and improve your well being and easily access your VITAL WorkLife resources whenever you need them.

The VITAL WorkLife App helps you:

Connect with your program resources

- Connect directly to the **WorkLife Concierge** site
- Tap to call or email VITAL WorkLife
- Learn more about **Peer Coaching** and how to use it
- Review information about the breadth of well being resources available to you and your family members

Take Assessments to Evaluate your Well Being

- **Assessments** for each of the six dimensions of well being (professional, physical, financial/legal, spiritual, emotional, relational)
- The **Well-Being Index**, invented by the Mayo Clinic
- Maslach Burnout Inventory (MBI)
- Mindfulness Attention Awareness Scale (MAAS)
- After completing each assessment, receive recommendations based on your results

Access Insights and Videos By Experts

- View Insights by dimension of well being
- Watch relevant videos from VITAL WorkLife's channel
- Watch the orientation video for a 5-minute overview of your VITAL WorkLife Well Being Resources

Set Personal Goals

- Establish personal goals and set reminders to stay on track

What is the Well-Being Index?

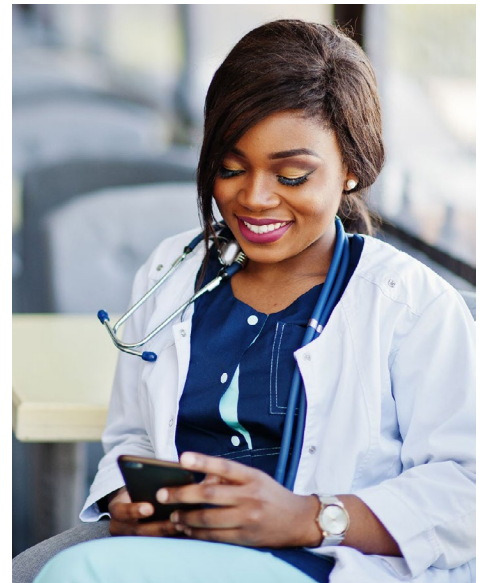
The **Well-Being Index** is a brief online self-assessment invented by the Mayo Clinic. The index helps you better understand your overall well being and areas of risk compared to other healthcare professionals across the nation. This nine-question confidential survey provides you with immediate individualized feedback including tools and resources to address well being.

Setting up an account and completing the assessment is fast and easy:

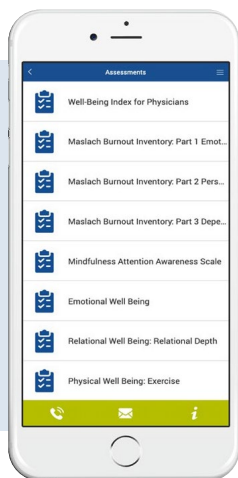
- Open the VITAL WorkLife App and tap "Assessments"
- Tap "Well-Being Index" and the registration page will open
- Register (approximately two minutes)
- Take the assessment (approximately two minutes)

15 Ways to Use the VITAL WorkLife App:

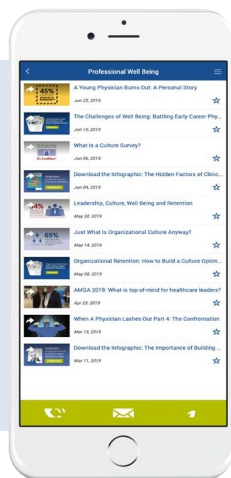
1. Take the Well-Being Index assessment
2. Use mindfulness resources to support your well being and help reduce stress
3. Make travel arrangements with WorkLife Concierge
4. Take the Maslach Burnout Inventory
5. Read Insights written by industry experts to help in your well being journey
6. Evaluate your relational depth
7. Assess your mindfulness with the Mindfulness Attention Awareness Scale
8. Take inventory of your financial and legal health
9. Contact us to schedule a legal or financial consultation
10. Watch videos to improve your emotional intelligence
11. Set goals to improve your physical well being
12. Learn more about your resources by watching the orientation video
13. Make dinner reservations or purchase tickets with WorkLife Concierge
14. Connect with your Peer Coaching resources
15. Contact a VITAL WorkLife representative



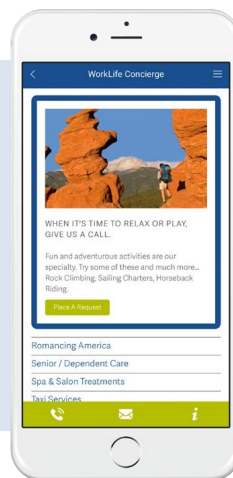
Take control of your personal and professional well being with the VITAL WorkLife App.



Take Well Being Assessments



Read Valuable Insights



Use WorkLife Concierge

Take Control Today!

Download the VITAL WorkLife App and log in with your organization's credentials to access your Well Being Resources.



Learn more at
VITALWorkLife.com/app

Username:

Password:

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