



Physician Wellness Resources: Designed for Physicians and Their Families



Physicians face challenges unique to the medical profession.

Your job can be extremely stressful and it's often hard to balance work and family. Family members can also be affected. Physician Wellness Resources, designed specifically for physicians and their families, can help.

Life happens

Many physicians are reluctant to ask for help, yet they're often in desperate need of a compassionate listener-mentor-coach who understands the professional and personal challenges they face. Physician Wellness Resources can help you deal with a variety of work and life challenges including, behavioral health or emotional issues.

Physician Peer Coaching

A compassionate and experienced listener understands the enormity of work, life and family challenges. Coaching can address specific projects, performance or general issues in life and/or profession. Physicians often consult peer coaches when they are experiencing:

- Unusual levels of stress or anxiety
- Uncharacteristic outbursts or loss of temper
- Negative feedback from peers, patients or staff
- Concerns about substance abuse
- Difficulty balancing demands of family & practice

Physician Wellness Resources includes:

- ▶ Physician peer coaching and mentoring
- ▶ Time-saving virtual WorkLife Assistant
- ▶ Time of need counseling for you and your family
 - Stress & burnout
 - Depression & anxiety
 - Anger management
 - Conflict & relationships
 - Well being lifestyle changes
 - Available anytime day or night
 - Telephonic professional & family counseling
- ▶ Physician orientation
- ▶ Leadership development
- ▶ Executive coaching
- ▶ Legal & financial resources
- ▶ Referral to reputable resources for issues such as chemical dependency

Pathways to Well Being

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Coaching and counseling

Cross functional teams provide completely confidential services for you and any member of your family, including spouse, significant other and children (regardless of age or location). Your organization will not know who uses the services, when or for what reasons.

Teams of physicians and master's and doctorate level licensed mental and behavioral health professionals can help with:

- ▶ Sorting through a wide variety of work & life issues
- ▶ Communicating more effectively with family & co-workers
- ▶ Relieving depression & anxiety
- ▶ Managing anger
- ▶ Coping with grief
- ▶ Dealing with drug or alcohol abuse
- ▶ Addressing addictive behaviors
- ▶ Resolving marital & relationship troubles
- ▶ Overcoming legal or financial problems
- ▶ Managing interpersonal conflict at home or work
- ▶ Understanding & resolving work-related issues with management, peers, subordinates
- ▶ Achieving a healthier work & life balance

WorkLife Assistant: Reducing stress & saving time

WorkLife Assistant is an all-in-one, all-purpose virtual concierge, available by phone to assist. Experts help with a wide variety of daily tasks, from arranging for events like dinners, lessons, vacations, to fulfilling unique requests. Time is one of your most important assets. When time is precious and assistance is needed, experts can help with almost any task:

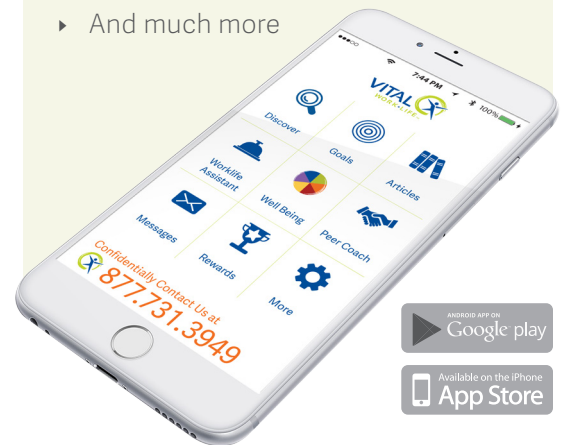
- ▶ Dining recommendations or reservations
- ▶ Travel arrangements
- ▶ Tourist & city information
- ▶ Sports & recreation
- ▶ Shopping
- ▶ Entertainment tickets or reservations
- ▶ Household chores
- ▶ Day-to-day support for children or parents

VITAL WorkLife, Inc. is a national behavioral health consulting company providing support to people facing life's challenges while also assisting organizations to improve workplace productivity.



Your VITAL WorkLife Mobile App will help you:

- ▶ Discover your overall well being: Physical, Professional, Relational, Financial/Legal, Spiritual, Emotional.
- ▶ Take the recommended next steps based on discovery results.
- ▶ Establish your personal goals with reminders to stay on track.
- ▶ Access available resources when and where you need them via your smart phone (iPhone and Android).
- ▶ Continue to learn and develop healthy habits with timely articles and videos.
- ▶ And much more



Confidential

Services are completely confidential, except where licensure-related issues mandate reporting. Every effort is made to provide appropriate resources and help resolve issues proactively so you don't find yourself in situations where your professional status is at risk.

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