



# As a provider, your role and relationships are unique—we can help at work and home

VITAL WorkLife's Provider Well-Being Resources program is available to you confidentially and at no cost. We're here to support you (and your family) with everything from Legal Assistance to WorkLife Concierge solutions to better balance your work and home life.

## Your resources include:

- Peer Coaching
- Counseling for you and your family members
  - Anger management
  - Depression, stress & anxiety
  - Interpersonal conflict
  - Marital, relationship & parenting concerns
  - Well-being lifestyle changes
  - Work & life issues
- WorkLife Concierge
- In-the-moment support, anytime—day or night
- Legal Assistance
- Leadership development & executive coaching
- Financial Consultation & Resources
- Online resources
- Referral for issues such as chemical dependency
- VITAL WorkLife Mobile App

## Scan to watch your orientation video!



## Confidentiality

Services used are discreet and confidential, following licensure guidelines. Every effort is made to provide appropriate and timely resources to help resolve issues proactively.

## Provider Peer Coaching

A confidential, collaborative partnership with a certified physician coach to strengthen personal and professional well-being. Areas where we can help include:

- Finding joy, meaning & purpose in medicine
- Communication & conflict resolution
- Stress & burnout
- Work and life integration
- Identifying limits & setting boundaries
- Leadership development

## WorkLife Concierge

Our virtual concierge provides help in finding, researching and arranging for a range of services to save you time.

- Appointment scheduling
- Auto services
- Entertainment & leisure services
- Party & event planning
- Shopping, returns & exchanges
- Travel arrangements

## Your VITAL WorkLife App helps you to

Call or email VITAL WorkLife and connect to your WorkLife Concierge site

Take Assessments to check in on your well-being

- The Well-Being Index, developed by Mayo Clinic
- Maslach Burnout Inventory
- Mindfulness Attention Awareness Scale

Access insights and videos, including your orientation

Set personal goals and set reminders to stay on track

**Scan the QR code to  
download the mobile app.**

Company Username:



**First time  
user? Make  
sure to  
REGISTER**



**Call anytime for support.**

**877.731.3949**

**Visit [VITALWorkLife.com](https://VITALWorkLife.com)  
for online resources.**

Member Site Login

Username:

Password:



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