



# WELL-BEING

index

Go Beyond Burnout  
Your Well-Being Index Overview



**WELL-BEING**  
index

An online self-assessment tool invented by Mayo Clinic that measures 6 dimensions of distress and well-being in just 9 questions.



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**The Well-Being Index measures 6 dimensions of distress and well-being among healthcare professionals:**

- Meaning in Work
- Likelihood of Burnout
- Severe Fatigue
- Work-Life Integration
- Quality of Life
- Suicidal Ideation

Join the 600+ hospitals and institutions already using the Well-Being Index:





**Physician**



**Resident & Fellow**



**Medical Student**

**Current versions developed for your organization.**



**Employee**



**Nurse**



**Advanced  
Practice Providers**

# Institution Benefits

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Institution benefits included are:

- Assess well-being and track progress
- Anonymous, aggregated well-being reports
- Custom local resources
- Onboarding team to assist with your Well-Being Index rollout
- Well-Being Index participation plan
- Advanced Reports
- Mobile App (Android and iOS)
- Process Improvement Surveys
- Assessment Reminder Management
- Ongoing consulting on reassessments, incentive programs, and reporting

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*Great product and excellent team who helped us to set it up.*

*- Nazish Khaliq*

*Director of Education at American College of Radiology*

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# Participant Benefits

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Participant benefits included are:

- Anonymously assess well-being against a national sample
- Compare well-being to the average of their peers
- Track well-being over time
- Access free just-in-time national and organization-specific resources
- Be Heard! Provide valuable insight that their organization can use to promote well-being and reduce burnout risk

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*Self-care is one of the most underrated behaviors for healthcare providers.*

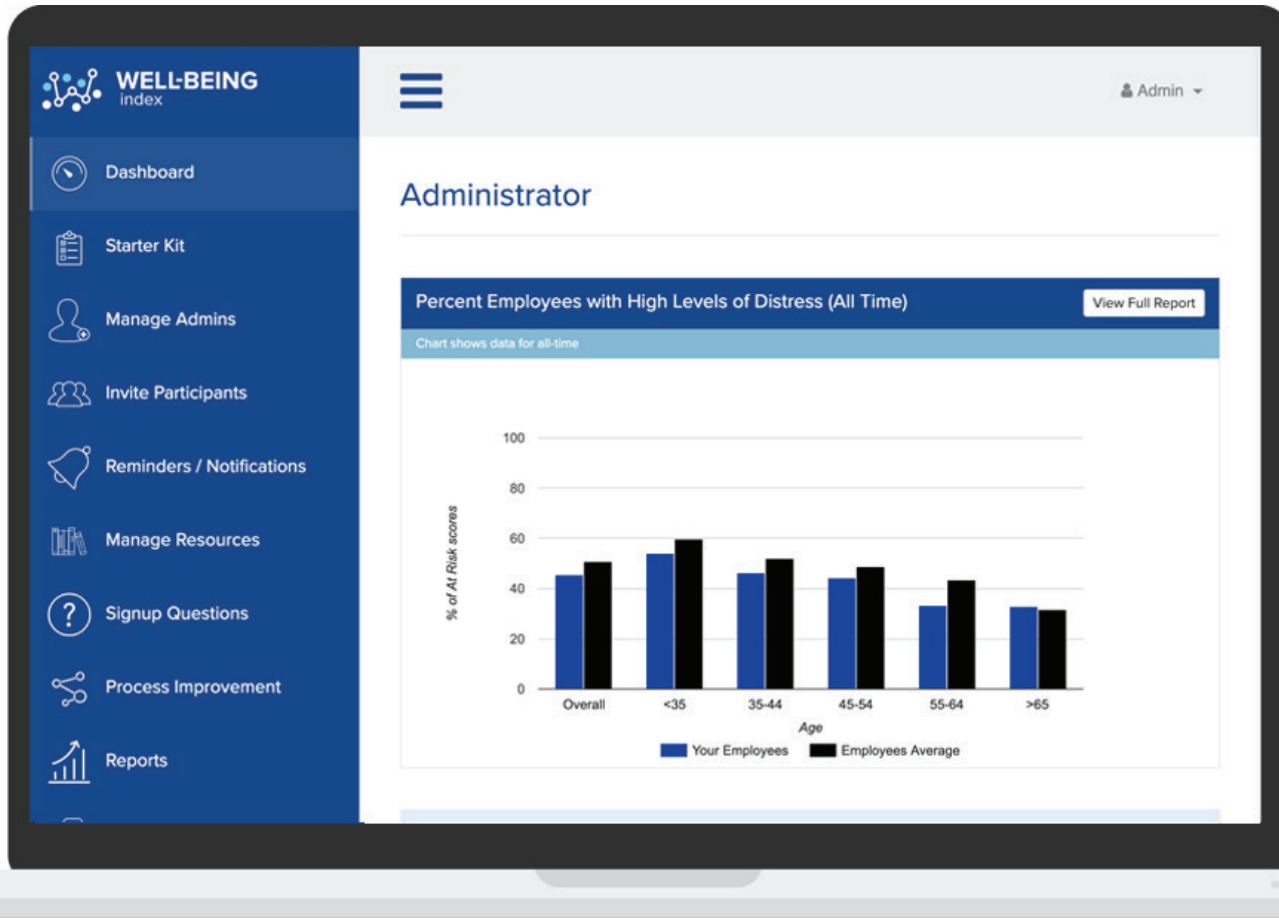
*- Rose Polasky*

*Clinical Director at Monmouth Medical Center*

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# Institution View

## Admin Dashboard

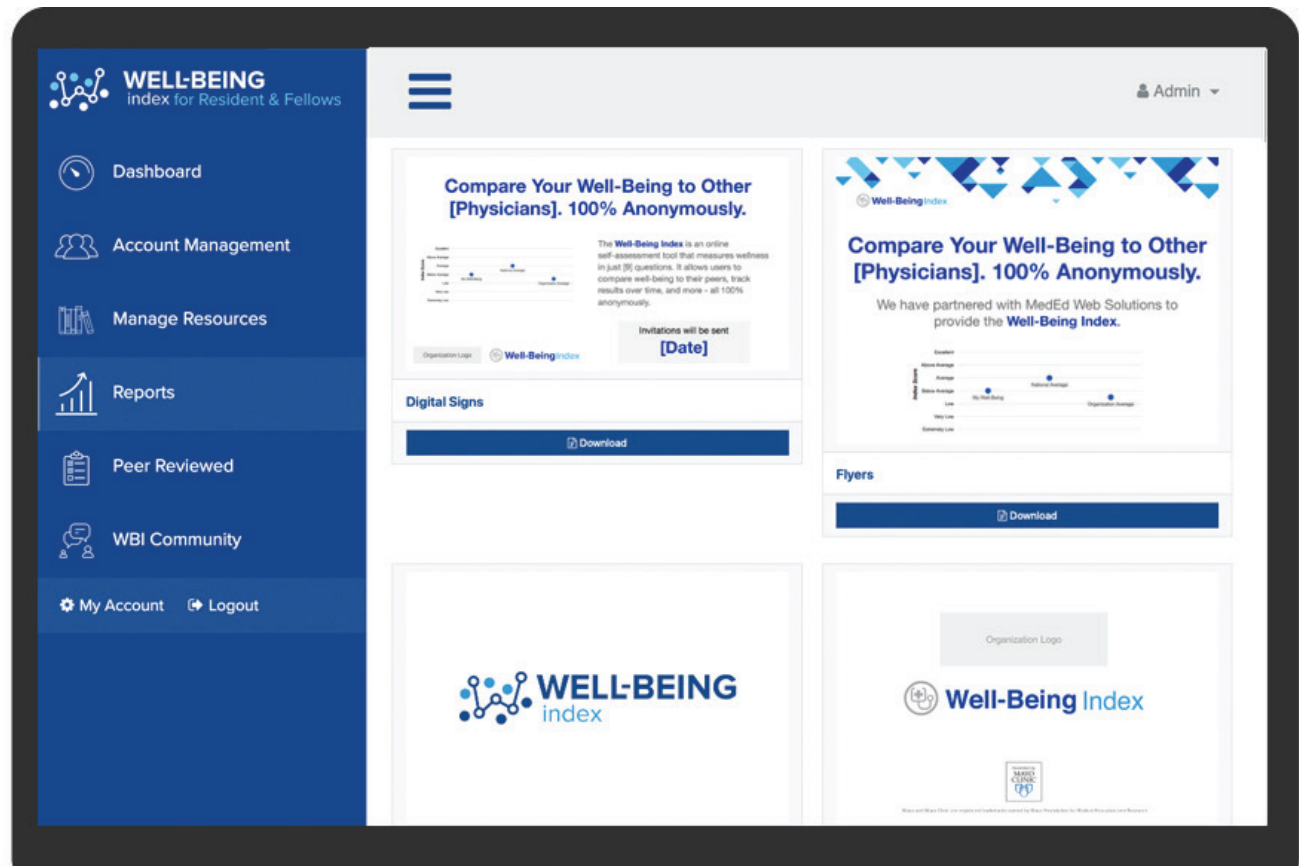


Once you've launched the Well-Being Index, the Dashboard displays data graphs from the various reports available to you, including participant engagement, distress and well-being, and custom questions specific to the version of the Well-Being Index provided by your organization.

# Institution View

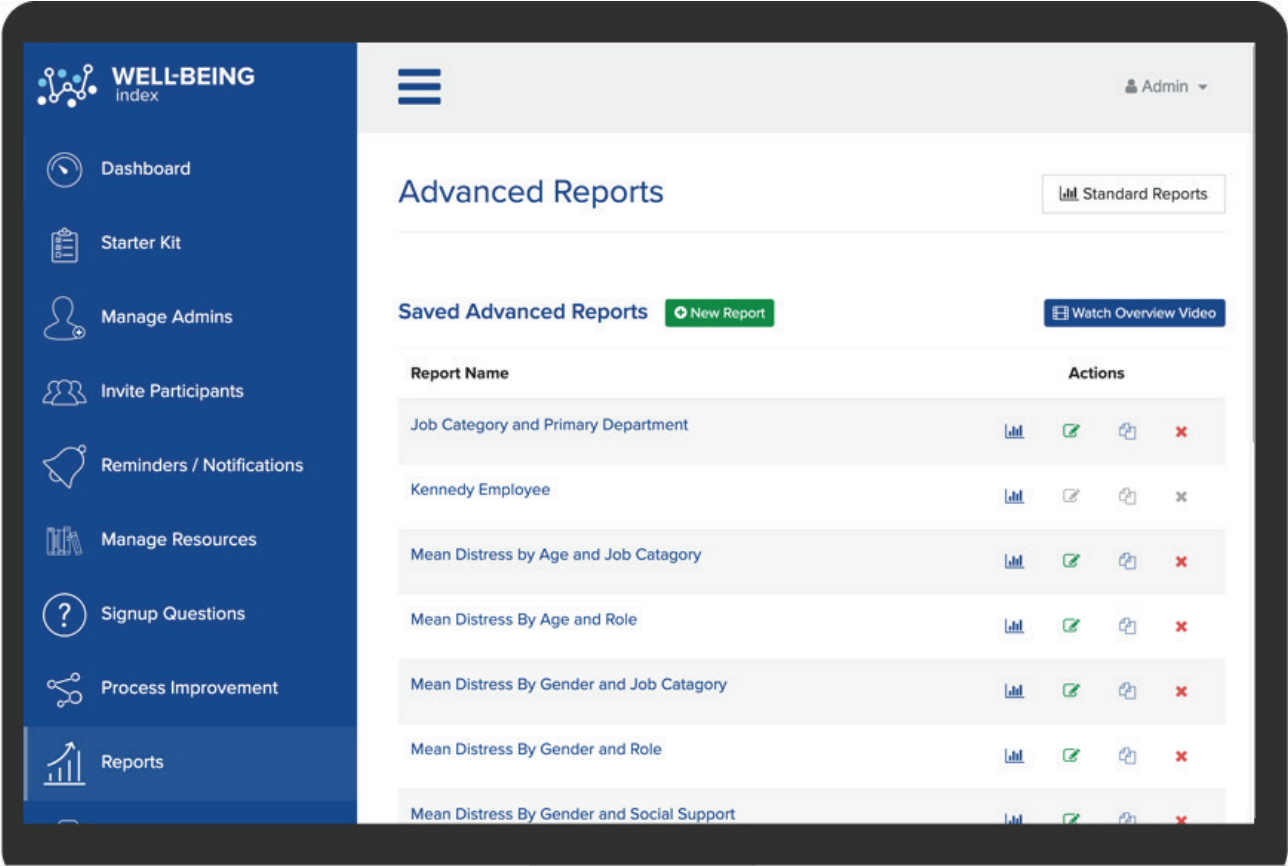
## Starter Kit

The Starter Kit has 4 main areas. Sections 1 & 2 contain checklists and best practices for setting up and launching the Well-Being Index. Section 3 contains a number of email templates for communications to your participants before, during, and after launch. Section 4 contains other resources including digital signage, fliers, and videos to help you get the word out and keep your wellness efforts in front of your participants.



# Institution View

## Advanced Reports



Reports are the most important part of the Well-Being Index for your organization. They shine a light on the overall wellness of your participants and allow you to see changes over time. Custom questions and advanced reports let you dig deeper to help inform and improve your organization's wellness efforts.



# Participant View

## Account Setup

Signing up for the Well-Being Index is quick and easy. In addition to login information, participants will provide unidentifiable demographic information such as gender, specialty, employment status, etc. Additionally, organizations have the ability to create up to three custom demographic questions. This information is used to filter data in the reports and provides deeper insights into the well-being of participants.

The screenshot displays the 'User Account Setup' page for the Well-Being Index for Physicians. At the top, the logo and a navigation bar with icons for 'User Account Setup', 'Assessment', 'Feedback', and 'Results' are visible. The main content area is titled 'User Account Setup' and contains a 'General Account Information' section with the following fields:

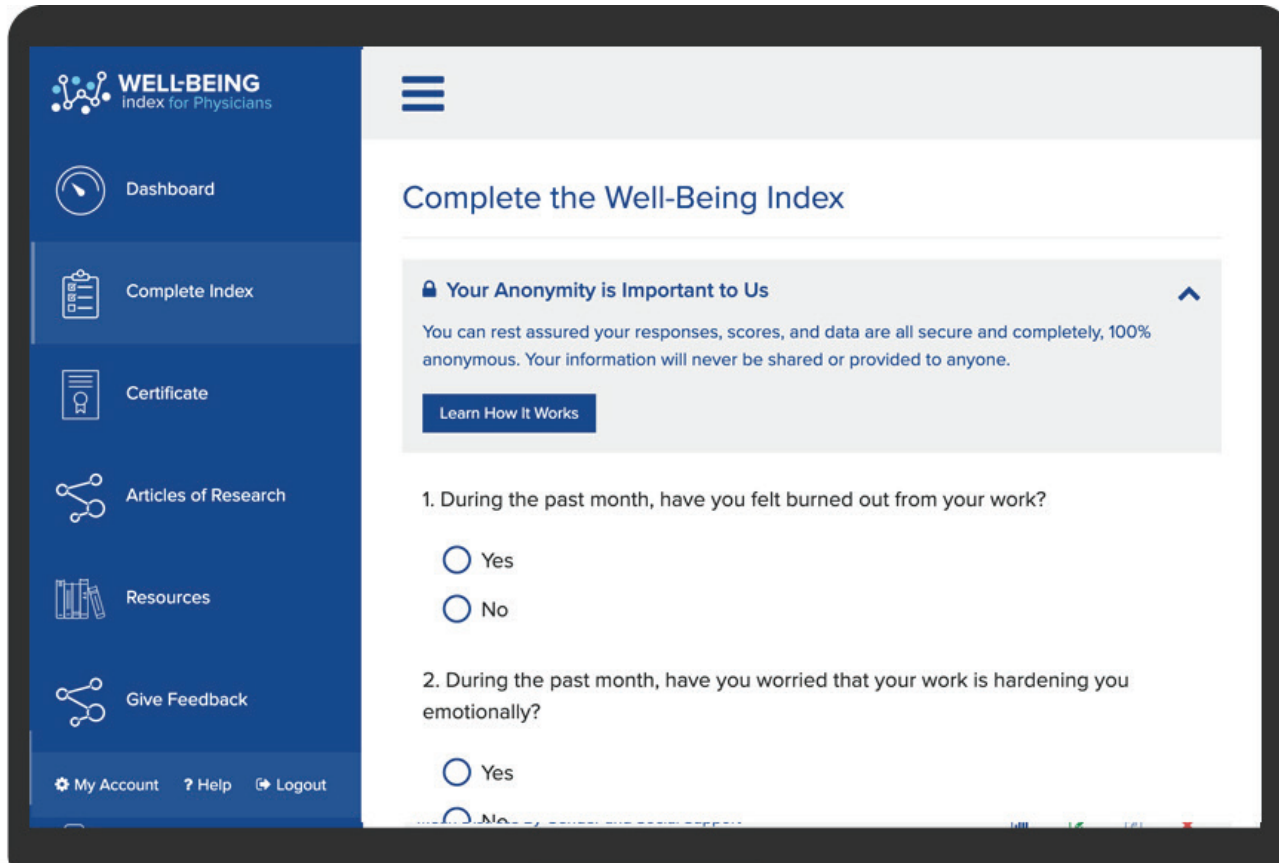
- E-Mail (Why do we need this?)**: A text input field for 'Email Address'.
- Gender**: A dropdown menu with 'Select Gender'.
- Medical School Graduation Year**: A dropdown menu with 'Please Select'.
- Which category best describes your practice?**: A dropdown menu with 'Please Select'.
- Country**: A dropdown menu.
- State/Province (Where Employed)**: A dropdown menu.

On the right side, there is a blue button labeled 'Already have an account?' with a sub-link 'Login to your account >'. Below this is a 'Welcome' section with the text: 'With the Well-Being Index you'll be able to:' followed by a bulleted list:

- Assess your current level of well-being.
- See how your well-being compares to other physicians.
- Track changes in your well-being over time.

# Participant View

## Take the assessment

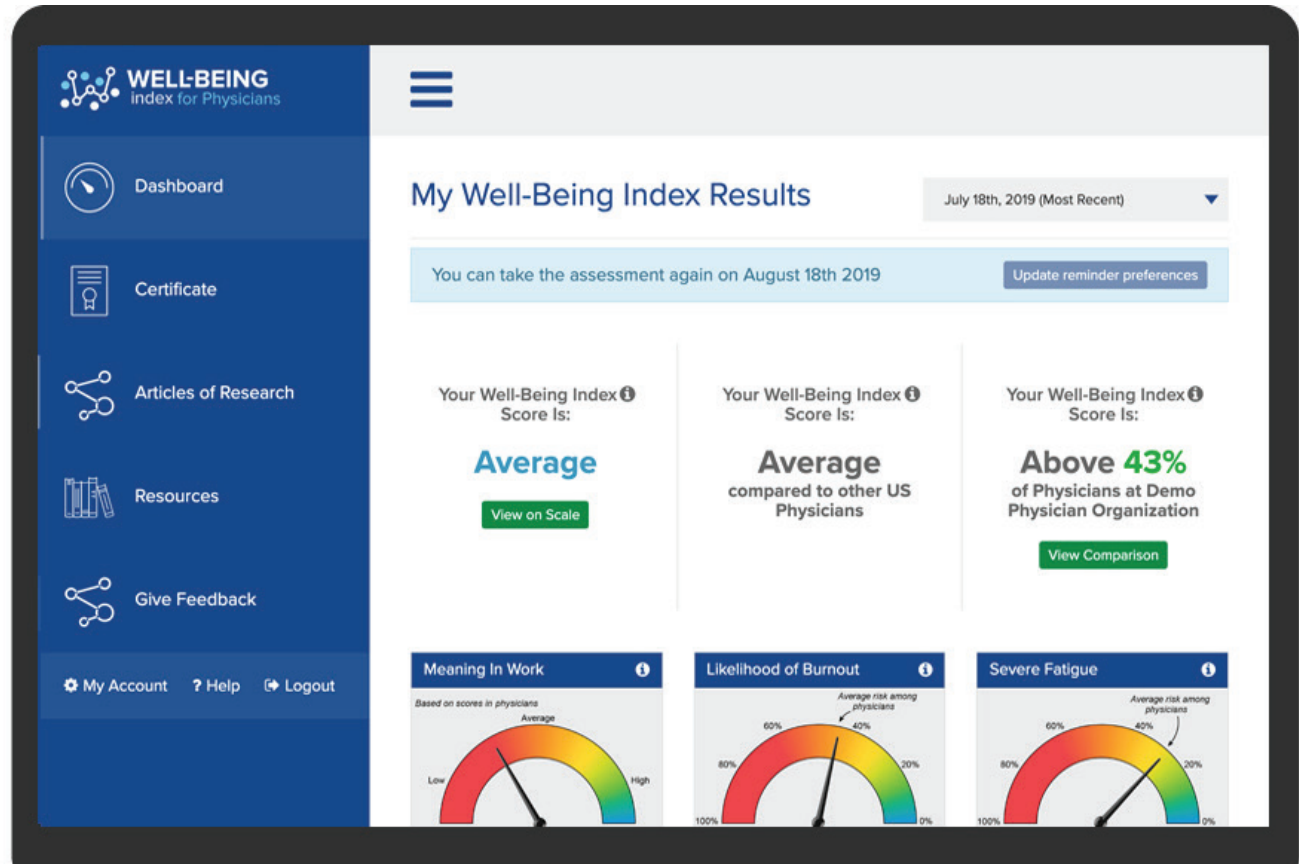


The Well-Being Index was designed with busy healthcare workers in mind. The assessment takes about 2 minutes to complete and is 100% anonymous. Participants will see immediate feedback and easily access valuable resources.

# Participant View

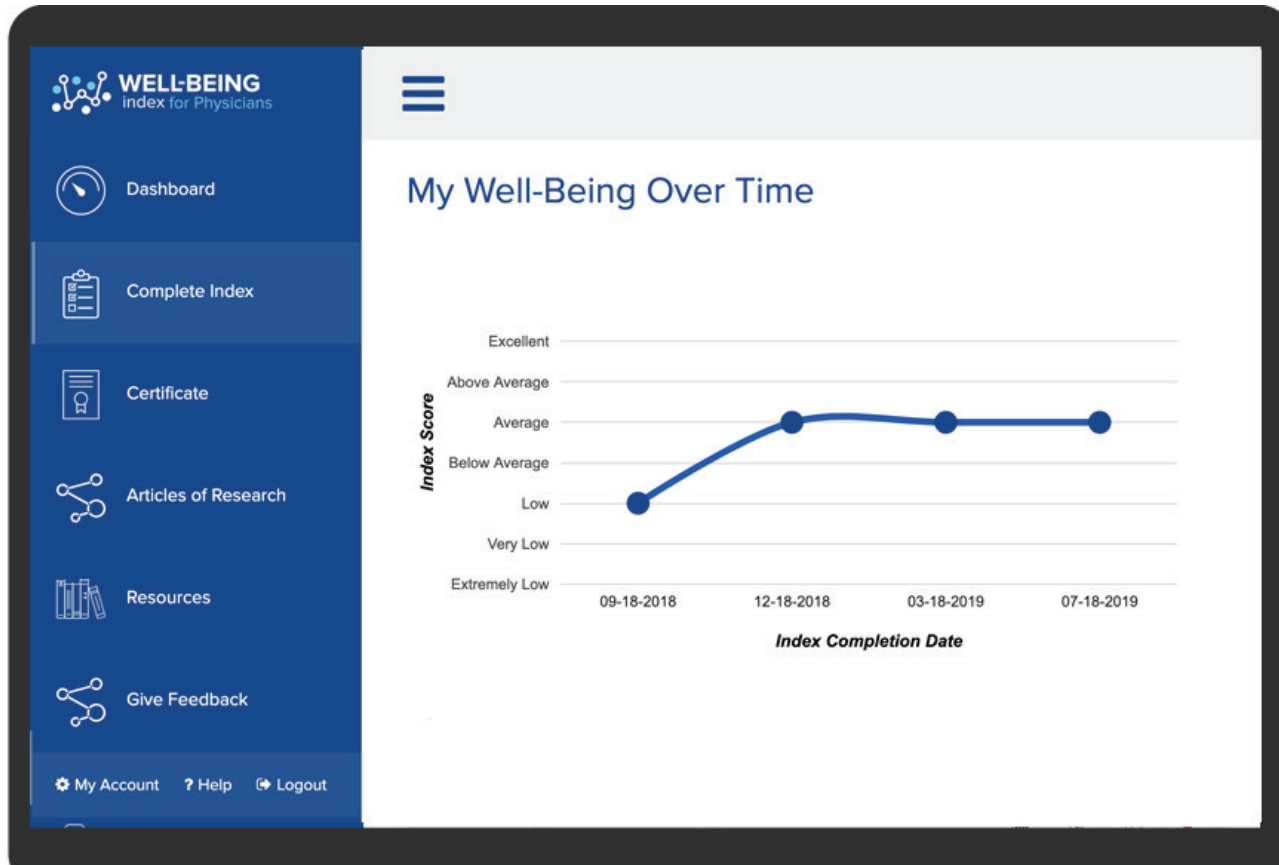
See your score

The Well-Being Index uses the participant's answers to calculate scores concerning overall well-being, fatigue, quality of life, likelihood of burnout, dropout risk, and suicidal ideation. This way, the participant understands the state of their personal well-being, as well as how they rank amongst their peers based on the national average.



# Participant View

## Compare over time

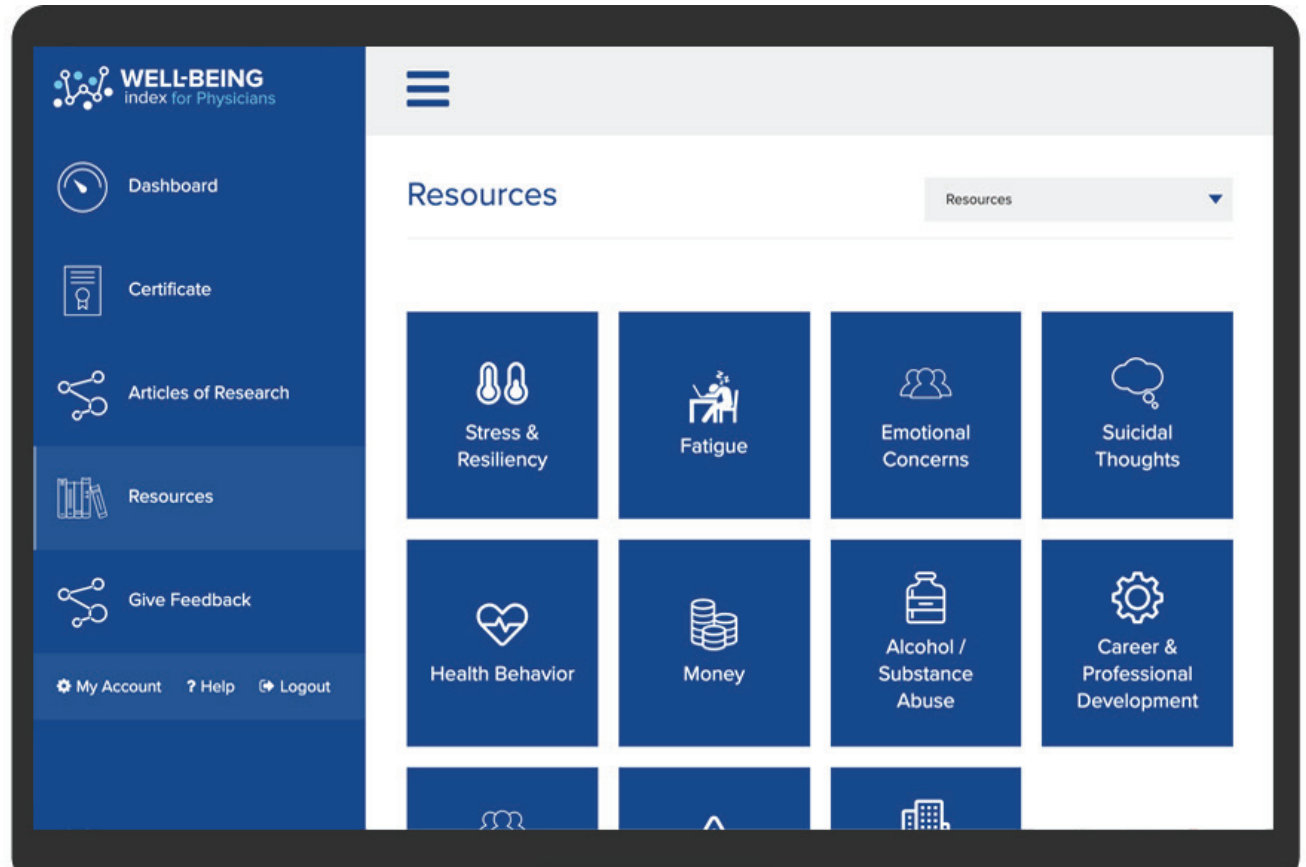


The Well-Being Index allows participants to reassess and track their well-being over time. Individuals can see fluctuations in wellness at various stages of their career and personal life. This encourages self-awareness and promotes self-care behaviors as individuals progress through their day-to-day activities.

# Participant View

## View resources

The Well-Being Index suggests resource categories based on the individual's results. Each of the resource topics includes an up-to-date, brief video that provides an overview of research on the topic and a list of national resources. In addition, organizations and institutions can provide custom resources to their participants. Resources include specific activities, websites, and links to select publications on each topic.



# Dr. Dyrbye, M.D., MHPE

## Co-Developer of the Well-Being Index

Dr. Dyrbye is Professor of Medicine and Medical Education, Division of Community Internal Medicine, Department of Medicine, Co-Director of Mayo Clinic's Department of Medicine Physician Well-Being Program, and Co-Developer of the Well-Being Index. She has conducted numerous national and multi-institutional studies, conducted randomized clinical trials of possible solutions, and is an innovator and thought-leader in well-being.

Her research has translated to meaningful changes for health care providers, including clinician well-being now being on the scorecard for organizational leaders and state medical licensing boards modifying their questions about physicians' mental health. Dr. Dyrbye's work was the impetus for the National Academy of Medicine (NAM) Action Collaborative on Clinician Well-Being and Resilience where she serves on the research subcommittee (2017-present).

She has received 11 competitive research grants to support her work, is frequently invited to give presentations both nationally and internationally and has authored over 130 journal articles, abstracts, and other written publications related to physician well-being. Her research on well-being in medical students, residents, and physicians contributes to increased well-being for health care providers and better patient outcomes.



Dr. Dyrbye, M.D., MHPE



# Dr. Shanafelt, M.D.

## Co-Developer of the Well-Being Index



Dr. Shanafelt, M.D.

Dr. Shanafelt is an international thought-leader, researcher, and expert in physician well-being. He is Chief Wellness Officer for Stanford Medicine, previously Co-Directed the Mayo Clinic Department of Medicine Physician Well-Being Program, and is the Co-Developer of the Well-Being Index. Alongside Dr. Dyrbye, he has conducted multiple nationwide studies on clinician well-being and its implications on quality of care.

His research on well-being and distress among medical students, residents, and practicing providers has appeared in numerous publications, and he has presented to the ACGME, AAMC, AMA, and ABI as a keynote speaker on his findings.

Dr. Shanafelt's work on the topic of well-being has largely focused on shifting the conversation from increasing physician resiliency to implementing organizational, systemic, and cultural changes to improve conditions for health care professionals. In addition to his studies on clinician distress and well-being, Shanafelt is an expert and researcher on the treatment of chronic lymphocytic leukemia.



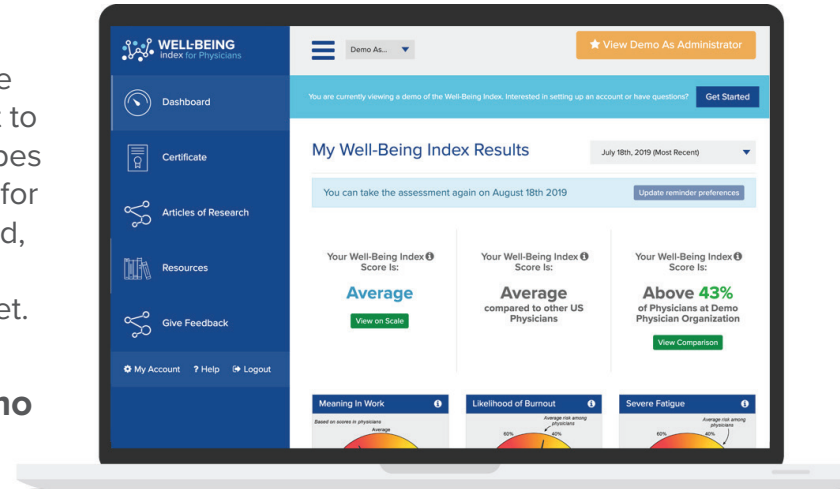


# Demo the Well-Being Index For Free!

## Try it for Yourself

You will get instant access to the Well-Being Index demo account to test the software as different types of users. We offer several ways for your organization to get involved, even if you haven't yet added a wellness program to your budget.

[MedEdWebs.com/WBIDemo](https://www.MedEdWebs.com/WBIDemo)



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*We chose the Well-Being Index for its ease-of-use, comparative data, local and national resources, and valuable insight. Also, the WBI team is very responsive and always available to answer our questions. Our team has, and will continue to, recommend the Well-Being Index.*

*- Lisa MacLean, MD*

*Director of Physician Wellness at Henry Ford Health System*

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