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## Well-Being Index

Statistics show that one-of-four workers in the United States experiences professional burnout. In the healthcare field, this figure climbs to nearly 50 percent. Burnout leads to decreased productivity, depression, high staff turnover and increases the risk for medical errors. Almost 400 physicians take their own lives each year, costing the healthcare industry millions of dollars.

The Well-Being index launches a new approach to burnout and well-being. In addition to measuring burnout, we also take into consideration other aspects of well-being such as fatigue, depression, anxiety/stress, mental/physical quality of life and work/life balance. In addition, we have national comparative data for all healthcare workers including physicians, residents/fellows, medical students, nurses and NP/PA's.

The first step in addressing and improving well-being is to assess and acknowledge the current state. Healthcare workers tend to avoid reporting burnout or even discussing the issue within the workplace as there is a perceived stigma of failure, career repercussions, and other negative consequences. The WBI is a 100% anonymous self assessment tool that was invented by the Mayo Clinic for the purpose of identifying distress in healthcare workers. It is the only tool available via mobile app that provides instantaneous results to the participant and customizable resources. It is currently being used by the Mayo Clinic and hundreds of other healthcare organizations as part of their wellness initiatives.

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If you have any further questions please do not hesitate to reach out to me or learn more at <https://www.mededwebs.com/well-being-index>.

Be Well,

A handwritten signature in blue ink, appearing to read 'Alan De Keyrel', with a long horizontal line extending to the right.

Alan De Keyrel  
Chief Happiness Officer

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