

# Valley Preferred



## How the Well-Being Index helps providers

*Anonymous, simple to complete, valuable feedback - plus, a \$100 physician incentive!*

The Well-Being Index (WBI), developed by the Mayo Clinic and managed by web solutions provider Med+Ed, evaluates wellness in just nine questions. Lehigh Valley Health Network (LVHN) and Valley Preferred are encouraging providers to take the survey to collect critical data in the form of de-identified, aggregate reports on provider well-being. This will allow us to look specifically at cohorts of our medical staffs to better develop programs and interventions to promote wellness and mitigate burnout.

Our goal is to have every physician and APC on staff at LVHN, and every member of Valley Preferred, sign up and use the WBI, so we can assess the wellness needs in our physician community. Every physician who completes the survey is eligible to receive a \$100 incentive! (See more below.)

### 5 Reasons to Participate in the Well-Being Index

- The survey is completely anonymous; no one at LVHN or Valley Preferred sees your individual results.
- The survey is brief, you get immediate feedback, and you can compare results to your peers (based on national averages).
- The WBI tracks well-being over time. You can correlate scoring with events in your life.
- You get connected to resources targeted to your geographic location and specific needs.
- Your participation will help LVHN develop new ways to promote wellness and mitigate burnout.

Your suggestions, concerns, thoughts, and questions are welcome! Please contact Joseph E. Patruno, MD, at 484-680-4457 or [Joseph\\_E.Patruno@lvhn.org](mailto:Joseph_E.Patruno@lvhn.org)

Complete the survey for the first time:

<https://www.mywellbeingindex.org/signup>

Invitation Code: LVHN PHYSICIANS

Complete your quarterly reassessment:

<https://www.mywellbeingindex.org/login>