

The VA Boston Healthcare System (VABHS) strongly supports the efforts of the National Academy of Medicine’s Action Collaborative on Clinician Well-Being and Resilience and is an active contributor to this effort. The VABHS is committed to collaborating with other sites to share plans and develop new initiatives to promote wellbeing and decrease burnout.

The VABHS is dedicated to the physical and emotional health and wellness of its employees, faculty members, and learners. It is especially important to maintain a healthy, engaged workforce and teaching environment to provide high quality healthcare to our nation’s Veterans.

The VABHS Employee Health and Wellness program offers a number of innovative programs to employees, faculty, and learners including:

- fitness centers at each of the 3 main campuses of the VABHS
- group exercise classes and outdoor exercise areas
- standing and walking work stations
- tracking preventable injuries and identifying strategies to reduce these injuries

Further, VABHS provides resources for specifically geared to faculty and learners on wellness and burnout on the VABHS Education website (<https://www.vabostoneducation.org/projects>).

The VABHS efforts to improve wellbeing have been recognized as one of eight VA facilities to receive the “Gold Level” VA Workplace Wellness Award. New initiatives continue to be planned and implemented, including relaxation rooms and ergonomic programs.