



Well-Being Index

Commitment Statement on Clinician Well-Being

The latest statistics show that clinician distress is at an all-time high and continuing to rise. A wide array of systemic factors including increased bureaucratic tasks, staff shortages, ineffective communication, and burdensome technologies add up to a volatile state of healthcare which increases the risk of clinician distress and burnout. In addition, the strain of current events has led to unprecedented levels of distress, career implications, and dangerous consequences for medical workers and organizations.

As a clinically-validated tool designed to improve individual well-being and combat the systemic causes of distress, the Well-Being Index is fully committed to prioritizing the mental health and well-being of clinicians.

The Well-Being Index's mission to reduce distress and improve well-being goes beyond fighting to mitigate the effects of burnout. The objective of our work and the partnerships we have with so many engaged and committed healthcare organizations is to eradicate the systemic factors that negatively impact the health and safety of all healthcare professionals.

We are active and committed in the fight against clinician distress through:

- Offering clinicians an intuitive and interactive tool to anonymously assess their well-being in less than one minute, access customized resources to improve mental health, compare their well-being to national benchmarks, track their progress over time, and provide feedback to their employers
- Providing accurate, comprehensive, and anonymous reporting to healthcare leaders to help identify the causes of distress and implement effective wellness programming to improve clinician well-being
- Supporting research efforts to further the understanding and approaches to eliminating systemic causes of distress and burnout
- Advocating for clinician wellness programming and evidence-based strategies to combat distress

Through our collaboration with healthcare organizations around the world, we continue to work towards improved clinician well-being, increased understanding of the complex issues that threaten it, and ultimately a culture of medicine that protects the health of all.

About the Well-Being Index

The [Well-Being Index](#) is an interactive online self-assessment tool invented by Mayo Clinic that measures six dimensions of distress and well-being in just nine questions. The Well-Being Index equips organizations with the data and tools needed to Go Beyond Burnout while providing participants with customized resources, internal and national benchmarking, options for feedback, and complete anonymity. Over 600 hospitals, institutions, academic medical centers, and associations use the Well-Being Index to accurately measure and improve well-being. Current versions of the clinically-validated tool include advanced practice provider, employee, medical student, nurse, physician, and resident/fellow.