



## 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. These alarming levels of distress not only impact providers' ability to care for patients, but also paint a clear picture of the lack of effective wellness support that is so desperately needed in healthcare.

As a clinically-validated tool designed to promote and protect the mental health of medical professionals, the Well-Being Index is fully committed to improving clinician well-being.

The Well-Being Index's mission is to equip individuals and organizations worldwide with the most advanced data, support, and tools needed to foster a workplace culture of wellness. The objective of our work and the partnerships we have with hundreds of engaged and committed healthcare organizations is to identify and combat the 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 a validated tool to anonymously assess their well-being, 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 institutions around the world, we will continue to work towards improved clinician well-being, increased understanding of the complex issues that threaten it, and a culture of medicine that protects the health of all.

#### **About the Well-Being Index**

The [Well-Being Index](#) is an online self-assessment tool invented by Mayo Clinic that measures six dimensions of distress and well-being in less than one minute. 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. Nearly one thousand hospitals, institutions, academic medical centers, and associations use the Well-Being Index to measure and improve well-being.