

2024 MultiCare Physician & APP Well-Being Resources

Our MultiCare Physician and APP Well-Being Program is founded on the Stanford Model for Professional Fulfillment.

Our goal is to create and promote a Culture of Wellness and Efficiency of Practice (in maroon), so that our Physicians and APPs can achieve professional fulfillment, experience joy, meaning and well-being in their work, and increase their personal resilience (in blue).

For all resources, please visit our Physician and APP Well-Being site on Point MultiCare: [Physician & APP Well-Being Resources](#) or contact providerwellness_DL@multicare.org.

Stanford Model for Professional Fulfillment



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Culture of Wellness

Our MultiCare Physician/APP Enterprise foundation of a Wellness Culture includes Peer Support, Social Connection & Events, Education & Guidance by an Advisory Council comprised of frontline Physicians/APPs across the system.

Physician and APP Peer Support Program

- A safe space, confidential, supportive listening from a peer
- We have Physician/APP Peer Supporters trained to provide timely, confidential 1:1 short-term support to peers and will help Physician/APPs access additional resources

MultiCare Echoes Physician and APP Storytelling Event

- We are hosting our second Echoes Physician and APP storytelling event
- Save the Date: Spring 2024!



RAFT Meal Program (Reflection And Fellowship Together)

- 6-month program designed to facilitate connection with colleagues over meals
- Groups of up to 8-10 Physicians/APPs meet monthly for 6 months over a meal
- Cost of meals provided by the Physician and APP Wellness Program, \$30 per person, per meal (up to \$300/meal)



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Inservice Training and Education Upon Request

- Tammie Chang, MD, Medical Director of Physician and APP Wellness, is available to provide virtual and in person training

Wellness Advisory Council

- Comprised of frontline Physicians and APPs
- Meets virtually monthly to discuss program development

Personal Resilience Resources

Mayo Well-Being Index Self-Assessment

- Validated well-being index by Mayo Clinic, used in over 800+ healthcare organizations
- 9 questions, takes less than 1 minute to complete
- Anonymous and confidential – only you will ever see your results
- Able to monitor, track and measure your own well-being on an ongoing basis
- Sign up here: <https://mywbi.org/multicare>
- Invitation Code: PROVIDERWELLNESS

Confidential Wellness Coaching

- Short-term 1:1 coaching in wellness, burnout, resilience, time management, boundary setting, career and life fulfillment, high performance
- Tammie Chang, MD, Medical Director of Physician & APP Wellness & Pediatric Hematology/Oncology Physician, Wellness, and Executive Coach

Confidential Physician and APP Counseling

- Brief Solution-Focused Counseling, short-term 1-3 sessions with a skilled Physician/APP counselor from our Code Lavender team
- Please contact: providerwellness_dl@multicare.org

The Thriving Clinician

- On-demand, movie-based learning program
- Choose your own adventure, character-based scenarios
- Get CME credit
- Sign up in the LMS: <https://multicare.unily.com/redir/27445>



“Like a **Raft of Otters**, our goal is for every Physician/APP at MultiCare to feel like we have our own raft of otters, a **group of colleagues and friends who have our back.**”

Efficiency of Practice

When Physicians/APPs and teams are able to maximize their use of processes and technology to enhance efficiency, the ultimate outcomes are decreased burnout, increased job satisfaction and bringing back the joy in caring for patients.

Provider/APP and Practice Optimization Team

Our Physician/APP and Practice Optimization Team is available to assist in: Workflow Redesign, Epic Physician/APP Support, Epic Inbasket Processes, Epic Leader Support and Electronic Faxing (E-faxing) Support. Please visit our site [Physician & APP Well-Being Resources](#) and contact optimization_DL@multicare.org for more information.