



Colleagues,

As we continue to focus on the health and wellbeing of our faculty, I wanted to reinforce that the [Physician Well-Being Index](#) (Code: PENNDOCS) is available to help you better understand your overall well-being and areas of risk compared to physicians across the nation, as well as provide access to local and national resources.

Some quick facts:

- We have over 600 active users of the tool.
- You can set up your preferences to receive a reminder to self-assess at intervals you specify to track your well-being over time.
- We have recently expanded the tool to residents and medical students to enable self-assessment for those groups with access to resources as well

## **Physician well-being is vital for a patient's success. Assess your well-being and compare your results nationally.**

University of Pennsylvania invites you to participate in the Physician Well-Being Index. This validated tool is an opportunity to help you better understand your overall well-being and areas of risk compared to physicians across the nation, as well as provide access to local and national resources. The tool is 100% anonymous - your information and score is private and your individual score will not be shared with University of Pennsylvania, or anyone for that matter.

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