WELL-BEING
index

The revolutionary online self-assessment tool invented by Mayo Clinic to measure and support the mental health of medical professionals.

The latest research shows that clinician distress is at an all-time high, leading to:

Record-setting turnover rates

Decreased fulfillment & productivity

Increased likelihood of medical error

Costs of nearly $6 billion per year

Hundreds of suicides from work distress

The Well-Being Index can help

Pinpoint the causes of distress, provide targeted wellness support, and measure the results.

Predicts risk across
6
dimensions
of distress & well-being

All data secure &
100%
anonymous
to protect participant identity

Clinically-validated
9
question
online assessment

Trusted by
800+
organizations
in healthcare

HOW IT WORKS

Your professionals:

- Measure their well-being in less than 1 minute
- Compare their results to peers & national averages
- Access customized resources to maximize mental health
- Continue to assess & track their progress over time

Your leaders:

- Access custom reports from deidentified assessment results
- Gain invaluable insight to prioritize attention & resources
- Get the data needed to influence decisions and stakeholders
- Receive ongoing expert support & wellness consulting

Learn more at mywellbeingindex.org

Get the data you need to address distress

Advanced Reporting

Data Segmentation

National & Internal Benchmarking

Resources Access Reporting

Created to Go Beyond Burnout

For the most accurate measure of clinician wellness, the Well-Being Index was developed by Mayo Clinic physicians & researchers to measure 6 dimensions of distress & well-being, including:

- Meaning in work
- Severe fatigue
- Likelihood of burnout
- Risk of medical error
- Work-life integration
- Suicidal ideation

Validated versions for 8 populations

- Advanced Practice Provider
- Pharmacy
- Physician
- Nurse
- Resident & Fellow
- Medical Student
- Employee
- Dental

"We chose the Well-Being Index for its ease of use, comparative data, local and national resources, and valuable insight. Our team will continue to recommend the Well-Being Index."

Lisa MacLean, MD | Director of Physician Wellness
Henry Ford Health System

SCAN ME

Learn More

- View FAQs
- Get a free demo
- Read case studies
- Explore validation articles
- See pricing and options