

PROMOTING WELLNESS AND PREVENTING BURNOUT FOR PHYSICIANS AND PHYSICIAN ASSISTANTS



Designed to help create and sustain a vibrant, healthy and functional medical community in WNC, the Healthy Healer Program offers providers who are WCMS Members (including physicians, residents, medical students and physician assistants) the following benefits:



COUNSELING & COACHING

WCMS has vetted licensed therapists, psychiatrists and coaches who are knowledgeable about burnout and skilled to help WCMS Members address issues that may cause it. Therapists, psychiatrists and coaches participating in the Healthy Healer Program will **offer a 15% per session discount to WCMS Members. Visit mywcms.org/coaching-therapy for a list of providers.**



ADVOCACY

WCMS advocates to improve systems and policies that reduce factors contributing to burnout. For example, in 2016 WCMS successfully advocated for a change in the NC Medical Board's definition of burnout—allowing physicians and physician assistants to seek help without having to report it.



CONNECTIVITY

WCMS facilitates affinity groups for WCMS Members to connect, including Women in Medicine, Rural Medicine, Independent Physicians and Physician Assistants.



EVENTS

WCMS annually holds one to two burnout prevention retreats/workshops for WCMS Members and significant others. Events feature engaging, expert speakers and CME is offered.



RESOURCES

Each week WCMS runs a Healthy Healer column in our *Vital Signs* e-Newsletter highlighting a topic about burnout prevention. We are also developing a resource library for our website.

Learn More: 828.274.2267 | healthyhealer@mywcms.org | wcms.org/healthyhealer

Donate to the Healthy Healer Program Fund and help provide financial assistance to medical students and residents accessing Healthy Healer Program services.