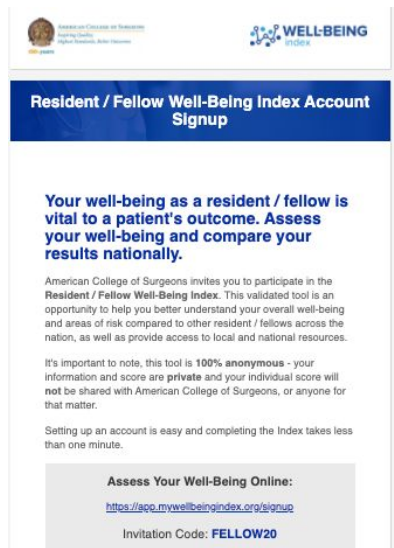


# User Guide for the Well-Being Index

**Goals:** Create an account, take assessment, view results, and utilize local, national resources, track your well-being, and manage your account.

## Create an Well-Being Account

1. Click on the signup link in the Invitation Email or download Well-Being Index from Google play or Apple App Store.



2. Fill in demographic information.

The screenshot shows the 'Previewing Account Signup' form. At the top, there are tabs for 'User Account Setup', 'Assessment', and 'Results'. The main heading is 'Previewing Account Signup'. Below this, there is a red box with the text: 'This is a preview of your account signup screen. This is the form that your participants will see when signing up for the Well-Being Index.' The form is divided into several sections: 'Create Your Account' (with a 'Login To Existing Account' link), 'Your Demographics' (including Gender, Medical School, Graduation Year, and State), 'Which category best describes your practice?', 'I am part of an association that I would like to add.', 'Create Your Private Login' (including E-Mail, Mobile Phone, Password, and Confirm Password), and 'Reminder Frequency' and 'Reminder Preference'. A 'Welcome' sidebar on the right contains text about the Well-Being Index and a list of benefits: 'Assess your current level of well-being', 'See how your well-being compares to other physicians', 'Track changes in your well-being over time', and 'Gain access to resources to promote your well-being and address a variety of concerns.' A 'Your Anonymity is Important to Us' section at the bottom of the sidebar states: 'You can rest assured your responses, scores, and data are all secure and completely, 100% anonymous. Your information will never'.

### 3. Take the Assessment

**Your Anonymity is Important to Us**  
 You can rest assured your responses, scores, and data are all secure and completely, 100% anonymous. Your information will never be shared or provided to anyone.  
[Learn How It Works](#)

- During the past month, have you felt burned out from your work?  
 Yes  
 No
- During the past month, have you worried that your work is hardening you emotionally?  
 Yes  
 No
- During the past month, have you often been bothered by feeling down, depressed, or hopeless?  
 Yes  
 No
- During the past month, have you fallen asleep while sitting inactive in a public place?  
 Yes  
 No
- During the past month, have you felt that all things you had to do were piling up so high that you could not overcome them?  
 Yes  
 No
- During the past month, have you been bothered by emotional problems (such as feeling anxious, depressed, or irritable)?  
 Yes  
 No
- During the past month, has your physical health interfered with your ability to do your daily work at home and/or away from home?  
 Yes  
 No

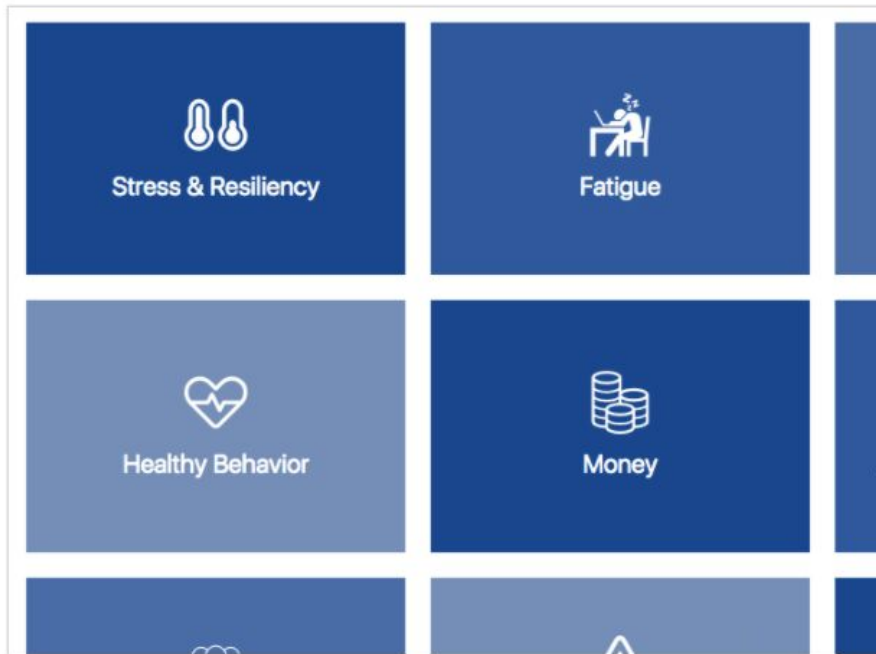
[Submit the Index](#)

4. View Results. ( In Resident / Fellow Version a score of  $\geq 5$  (higher score = greater risk). In a national sample of (N>9100) US residents/fellows, those with a Resident / Fellow Well-Being Index score  $\geq 5$  were at greater risk for number of adverse outcomes, medical errors, suicidal ideation, poor mental quality of life, higher risk of burnout, and risk severe fatigue.

Your score:



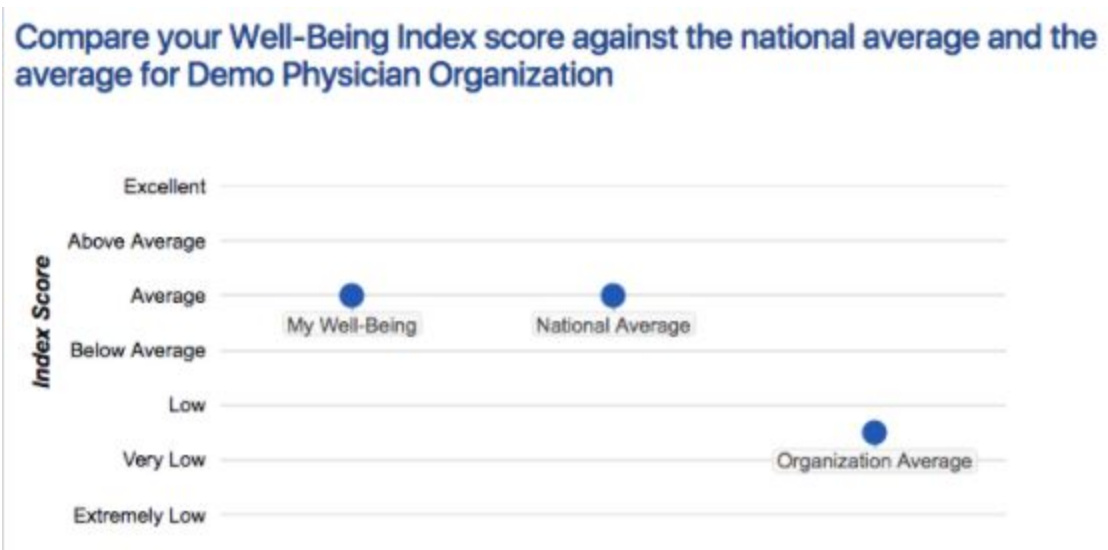
Your resources:



Compare Your Well-Being To Your Peers:



Track your well-being over time:



5. Update your account settings - Click on Gear icon to manage your account (If you need to change your email address, phone number, version, association)

