

## Appendix 2 (as supplied by the authors): Invitation



## Your well-being is vital to patients' outcomes. Assess your well-being and compare your results.

This note is an invitation to participate in our very important survey on clinician well-being. We are undertaking this survey because we are committed to supporting the well-being of all of our clinicians.

Setting up an account is easy and completing the index takes just a few minutes.

### Assess Your Well-Being Online:

<https://www.mywellbeingindex.org/signup>

Invitation Code: **UHN PHYSICIAN**

### Download the Well-Being Index Mobile App



### What is the Well-Being Index?

The Well-Being Index is a **100 percent anonymous**, web-based tool that evaluates multiple dimensions of your well-being. This tool allows users to compare their scores to clinicians at other hospitals, and to track their own well-being over time. After completing the on-line survey, which takes about 3 minutes, you will immediately receive your **confidential** results in the form of a dashboard. The survey also provides important contact information and resources, should you require further assistance. PMCC will receive aggregate, anonymous data that will help us focus on caring for our caregivers, including developing new ways to improve clinician well-being and decrease clinician burnout.

### Confidentiality of Results

It is important to emphasize that your individual responses and your dashboard of results are **completely anonymous and confidential**. It will not be possible for the PMCC, UHN or Canadian Viewpoint, the independent company that is sending you this link to complete the Well-Being

Index survey, to see or obtain this information. UHN Human Resources and the UHN Digital and Privacy Office have vetted and approved this approach to ensure that your results remain private.