Group Wellness Challenge 2018 - Application, part 1

Please complete the following form, attach additional materials as needed – Due by March 1, 2018

Designated wellness coordinator’s name: ________________________________
Coordinator’s email: ________________________________________________
Phone: __________________ Mailing address: ___________________________
Please choose one: □ Community/Group Practice □ Residency/Academic Site
Best description of EM practice (rural, level 1 trauma, county, etc): ______________
Name of parent company or institution: ________________________________
Name of hospital/physical site: ________________________________
Total number of part to full time EM physicians (include residents, attendings, etc): ______
Department/Team name: ____________________________________________

Goal #1: Creation of a Wellness Mission Statement

- Mission statement for the community department or residency based group with focus on the well-being of all its members
- Signed and endorsed by ED Medical Director or Residency Leader
- Best to get started right away! If your department already has a wellness mission statement, that’s great. If not, draft some ideas and discuss with leadership. Submit your mission statement along with the registration form attached to this email.
- Judgement of wellness mission statement will center around inclusivity, attainability, and how such a mission supports the wellbeing of EM physicians and/or residents.

Statement:
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

Signed: _____________________________ Print: _______________________ Date: _______

Almost done… tell us briefly about what you plan to do for part 2; adopting a wellness based culture within your emergency department. This can include any existing programs, new approaches, or special activities you may be thinking about promoting during Wellness Week 3.
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

Wellness Coordinator Sign: ________________________________ Date: ________________
Group Wellness Challenge 2018 - Application, part 2

Please complete the following form, attach additional materials as needed – Due by March 31, 2018

Designated wellness coordinator's name: ______________________________________
Department/Team name: ___________________________________________________
Total number of EM physician team members _________ who participated in our team's
Part 2 activities from dates: ________, 2018 through ________, 2018 - as outlined below:

Goal #2: Demonstration of departmental or residency based wellness culture.

• Between now and the conclusion of Wellness Week 3, take this opportunity to implement
  a new program, trial your latest wellness idea, or encourage utilization of existing
  wellness resources available to your team members.

• Strive for concepts that are manageable, sustainable, and available to all team
  members. Ideas might include making healthy snacks and fresh water easily accessible,
  issuing your own wellness or fitness group challenge during Wellness Week 3,
  developing a protocol so that each physician can take a 10-minute break during their
  shift, or implementing a formal peer support network, etc.

• Pick **two** of the following to submit that document the wellness activities, programs, and
  resources that the department (or residency) provides or supports:
  • Video documentary
  • Photographs (minimum 10)
  • Written summary
  • Power Point slides with voice-over presentation
  • Audio recordings of individuals telling stories related to how the
department supports their personal well-being (minimum 3)

Judgement for media based demonstration of departmental (or residency) well-being activities
will be based on the following criteria: how the concept(s) relate to a culture of wellness within
the emergency department, accessibility for all participants, overall commitment to physician
wellness, and active utilization of resources by group members.

Consider capturing these photos, videos, recordings during Wellness Week 3, which brings us
to the next point…

We encourage all wellness coordinators to discuss ACEP’s Wellness Week 3 with their
department/team and assist all of those interested, in signing up for the individual Wellness
Week Challenge. They will receive daily tid-bits of information, helpful tips, and an opportunity
to win prizes by participating in Facebook and Twitter discussions.

*Remember… submit multi-media documentation of your team’s commitment to a wellness-
based culture, **no later than March 31, 2018** to be eligible in this year’s Group Wellness
Challenge!*