Life happens

While as a physician or provider, you are likely blessed with above-average intelligence, competence and endurance, what you undoubtedly lack is time.

The demands of your practice, family and friends, special interests and hobbies mean you have limited time to pursue a healthy work/life balance.

There’s a difference between “having it all” and “doing it all.” Your WorkLife Assistant helps you prioritize what you need or want to do yourself by allowing you to delegate tasks not requiring your attention.

Stress-free, confidential, accessible

You can handle time consuming, day to day tasks with a quick call to your WorkLife Assistant, as a free employment benefit because your organization understands and appreciates the challenges you face, and believes you deserve a quality work/life balance.

Stress and overwork can be poisoning your outlook and career satisfaction as you work hard to provide superior care to your patients while supporting and spending quality time with your family. WorkLife Assistant professionals are available 24x7x365 to assist you in getting your life tasks accomplished – even while you’re at work.

Your WorkLife Assistant makes it easy for you to make the most of the limited time you find to relax with friends or family. Unlimited telephonic services are available providing time-saving support, with global expertise and resources, for:

- Personal & Family Needs
- Personal & Business Event Planning
- Household Maintenance & Projects
- Entertainment & Travel Planning
- Much, much more…
25 Things You Don’t Have To Do Yourself:

1. Find your kids a summer camp
2. Score points planning a glamorous surprise anniversary party
3. Book fun things to do while visiting your in-laws – anywhere in the world
4. Find a pet sitter to walk your over-active dog
5. Buy tickets to your alma mater’s next game
6. Find a vintage baseball card to round out your collection
7. Purchase holiday gifts for your staff – and have them wrapped and sent
8. Have a florist send an “I miss you!” bouquet to your daughter at college
9. Get help planning a destination wedding
10. Find a top rated sushi restaurant in San Francisco – and get a reservation
11. Research the highest rated washer and dryer models
12. Arrange for tree-trimming and spring yard service
13. Plan a family reunion
14. Get tickets to the longest running Broadway show, “The Phantom of the Opera”
15. Find a replacement for your 15-year-old dishwasher and clean up the leak’s mess
16. Find an event planner to manage your child’s high school graduation party
17. Plan an adventure vacation to Belize for your family
18. Find a piano teacher for your child prodigy
19. Research the local tennis pros and book lessons
20. Find a lawn or snow removal service
21. Schedule house cleaning services
22. Arrange to have your car detailed and the oil changed while you’re at work
23. Find zip line services in Puerto Rico
24. Research colleges for your high school junior
25. Order gifts to arrive on all important days for your significant other

See anything you need done?
These are just a few of the things your WorkLife Assistant can do to reduce your stress with day to day tasks. Call 877.731.3949 to be transferred to your WorkLife Assistant 24x7x365. There’s nothing we’d like more than to exceed your expectations and delight your family!

VITAL WorkLife, Inc. is a national behavioral health consulting company providing support to people facing life’s challenges while also assisting organizations to improve workplace productivity.