



# Gain a Greater Understanding of Your Well-Being in 5 Minutes Anonymously.

How well do you understand your state of mind? How does it change over time? Now, you can anonymously compare your state of mental health and well-being to other U.S. health care workers using the MedEd Solutions Well-Being Index. Here's how:



## SCAN THE CODE or Use a Link

Scan the QR code or enter this link into your browser to register and take a nine-question assessment.

Password: Upstate



## Immediate Results

You receive immediate feedback about your current mental health and well-being, and how it compares to other U.S. health care workers. The assessment tool is based on Mayo Clinic research.



## Set a Time Interval

The Well-Being Index will prompt you to choose how often you want to retake the assessment to see how your state of mental health and well-being changes over time.



## Helping Your Colleagues

Human Resources receives aggregate reports (no names attached) to identify overall staff needs and respond to them with access to services, policy updates and program development.

