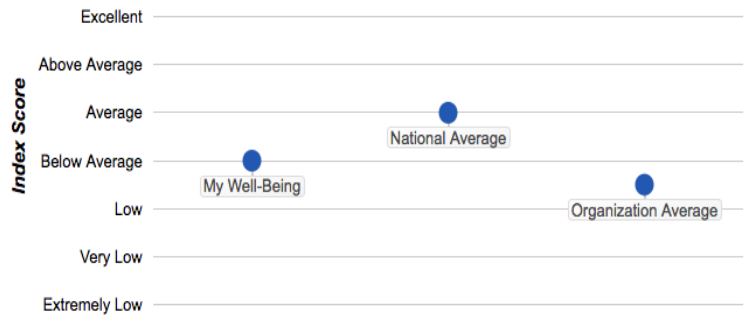


UAB MEDICINE

Office of Wellness

The **Well-Being Index** is an online self-assessment tool that measures wellness in just [7/9] questions. It allows users to measure burnout, assess valuable resources, and to compare their scores to peers, as well as track progress overtime to promote self-awareness - **all 100% anonymously.**



Access to the WBI is simple! Scan the QR code below with your camera!



Faculty

Nurse



Employee &
Staff

APP



Trainee

Medical
Student



For any questions,
please contact Nisha Patel,
Executive Director of Operations & Wellness at
uabmedicineofficeofwellness@uabmc.edu

