
Well Doc Alberta

Shaping the future of physician wellness, together

Well Doc Alberta is an initiative aimed at advancing a collaborative, co-operative, pan-provincial approach to physician wellness.

Physician wellness is an important responsibility shared by individual physicians, the medical profession, and healthcare systems. Well Doc Alberta is an initiative aimed at advancing a collaborative, co-operative, pan-provincial approach to physician wellness. Our work, focused on education and prevention, is supported by the science of physician wellness and driven by need. We work with physicians at the grassroots level and with leadership to grow capacity, empower change, shift culture, and achieve our vision of “Shaping the future of physician wellness, together.”

Our team supports participating Physician and Non-Physician Collaborators to develop and deliver education resources, and works with our Stakeholder Panel to advance physician wellness across the province.

Our funding does not include monies for research projects, interventions, or events sponsorship (with the exception of our annual Symposium).

Our Mission

1. To create a forum for those involved in physician wellness to collaborate, enhance expertise, and augment resources
2. To connect relevant people, programs, and organizations at the provincial and national levels
3. To advance a provincial approach to physician wellness across all career stages
4. To grow the culture of physician wellness as integral to professionalism and excellence in patient care
5. To endorse both individual and systems-level approaches as vital to physician wellness



What Does Well Doc Alberta Offer?

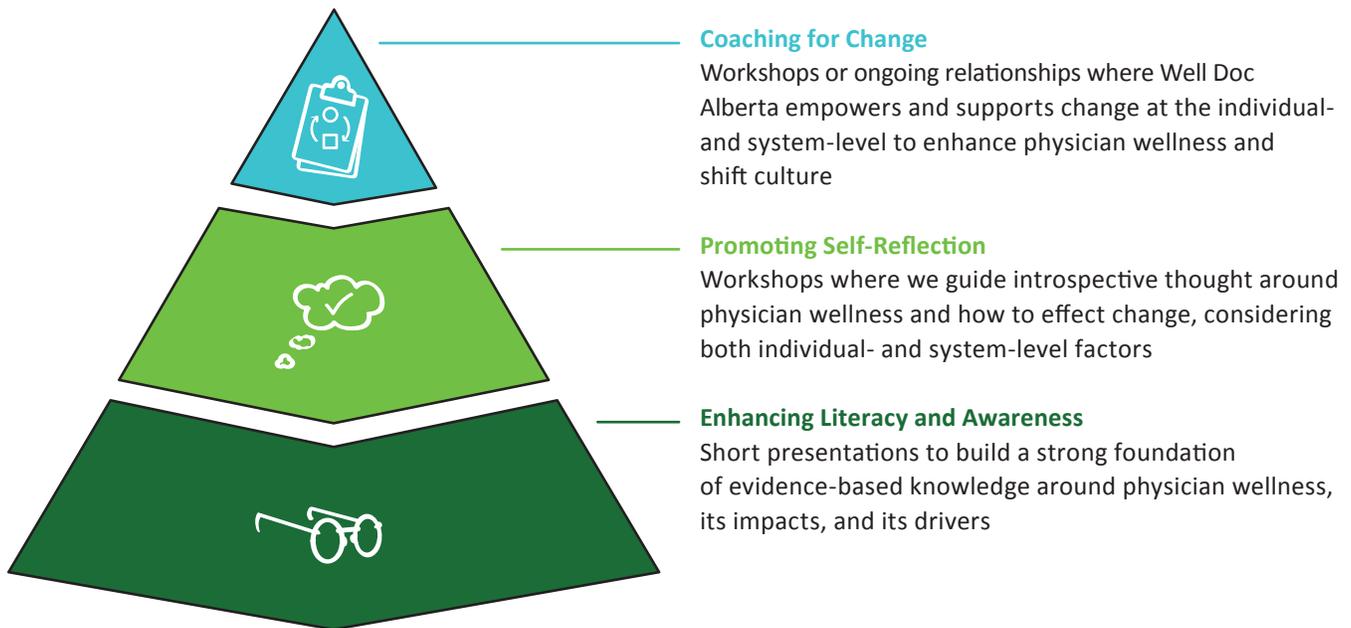
We provide consultation around how to advance physician wellness, collaboratively develop and update evidence-based resources tailored to each audience, provide content delivery by trained experts, and utilize a train-the-trainer model to increase capacity for resource delivery.

How Will Well Doc Alberta Achieve Its Goals?

While many great physician wellness resources already exist across the province, there is still an immense demand for advice and evidence-based education resources delivered by content experts. This demand cannot be met by a single individual or group. Well Doc Alberta

aims to help fill this gap by providing a forum for collaboration, consolidating resources, facilitating broader access to resources, and developing new resources around physician wellness for all career stages and physician demographics.

Well Doc Alberta's Pyramid of Resources



We Are ALL Well Doc Alberta

Well Doc Alberta extends far beyond our core team— we offer a collaborative, pan-provincial approach to physician wellness. While we are an independent and neutral entity, we actively partner with those invested in physician wellness, including:

- > Alberta Health Services
- > Alberta Medical Association and its Physician and Family Support Program
- > College of Physicians and Surgeons of Alberta
- > Covenant Health
- > Health Quality Council of Alberta
- > Primary Care Networks
- > PROactive
- > University of Alberta
- > University of Calgary
- > Patients

A Wealth of Collaboration Awaits!

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Scotiabank, MD Financial Management, and the Canadian Medical Association proudly support Well Doc Alberta, one of several key initiatives/sponsorships that comprise their commitment to supporting the medical profession and advancing health in Canada.