

Northwest Permanente Wellness Passport Guidelines

April – June 2020

Social “Physical Distancing”: Check-in on a colleague

Check in on a colleague

When it comes to a crisis, one of the potential factors that can make a difference is peer support. How many of you've had an experience during your life where you felt unsupported? Unfortunately, most of us would raise our hands. Conversely, how often do you feel supported, and what does that support translate into - a desire to help another colleague, open up about struggles and concerns, and/or motivation to help the 'team'? It truly matters to feel supported by people that we identify with and work with.

Reach out to a colleague and do a brief check-in. Ask them how they're doing, what successes or struggles they've been facing, and/or, if applicable, ask if you can offer any assistance. Listen non-judgmentally, and if able, provide feedback or suggestions.

To fulfill this passport item, check in on a colleague and send an attestation that you've done so to NWPWellness@kp.org

Please submit all documentation to NWP Wellness, KPB 16
or e-mail: nwpwellness@kp.org