

NWP Wellness



Mission

To support the wellbeing of our medical group and cultivate joy at work

Updated Hippocratic Oath

I WILL ATTEND TO my own health, well-being, and abilities in order to provide care of the highest standard

The program is dedicated to:

- Understanding and promoting employee well-being at NWP
- Providing resources for employees that help them promote their own wellness
- Discovering personal and organizational approaches to promote physician engagement
- Creating a workplace that is a source not only of energy expenditure but also energy renewal

Culture of Wellness Examples

- Wellness website
- Wellness passport with incentives
- Wellness & Employee Team Sports Grants
- Social events
- MLK Days of Service
- Sunday Parkways
- Healthy Film Society
- Book Club
- NWP v PDA charity soccer match
- Sabbatical opportunities
- Bike commuter reimbursement
- Birthday wellness day
- Rouxbe Reimbursement Program

Optimizing Our Practice Examples

- Pathways to Proficiency
- Communication Intensive
- Art of Mentoring
- Dyad training
- Designing and Delivering Effective Meetings
- 1:1 Coaching
- NWP University

Personal Resilience Examples

- Admin Resilience Group
- COVID Debrief Sessions
- Embracing Your Path to Mindfulness
- Encouraging the Heart
- Permanente Advocate Resources (PAR)
- Benefits planning
- Peer support training
- CPR Course (Communication, Purpose and Relationship)

NWP Wellness Team

Dr. Laura Ryan—Physician Wellness Director

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