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PHYSICIAN HEALTH FIRST

My people. My practice. My profession.



Your health before all else.

Caring for your patients starts with caring for yourself. Discover why improving physician well-being is our mission, how we are working to reverse the trend toward family physician burnout, and hear from the founder of Physician Health First. [Learn More](#)

Self check. Identify the gaps.

How are you doing? Find out where you fall on the Maslach Burnout Index (MBI) [Take Test](#)

Stronger when shared. Identify the gaps.

See how family physicians at FHX connect their inner strength and achieve our message of inspiration. [See More](#)

Presence-of-mind plan. Identify the gaps.

Put your own well-being first. Discover what steps to take to get you back with our personalized planning tool. [Get My Book](#)

Stay well. Stay strong.
Attend the first-ever Family Physician Health and Well-being Conference, in April 2018, and hear from experts on the state of physician well-being.

The Physician Health First initiative is made possible by support from the American Academy of Family Physicians Foundation.

My Resources

Filter by Topic: Filter by Format:

<h4>Administrative Simplification</h4>	<h4>Protecting Physician Payment</h4>	<h4>Practice Mindfulness in Medicine</h4> <p>Medicine + Mindfulness = Better physicians, better patient care, and increased job satisfaction.</p>
<h4>FOLLOW Advocacy Series</h4> <p>"People need to understand that [being a wife] is a mission, not a split." -Randy Weiser, MD, MPH, FACP</p>	<h4>AMA StepsForward</h4> <p>The Quadruple Aim stands behind better patient experience, better physician health and lower costs will improve your professional satisfaction. Take STEPS Forward™.</p>	<h4>Four Tools for Reducing Burnout</h4> <p>Work-life what? Try these tactics to find balance.</p>
<h4>Find Joy in Practice</h4> <p>Achieve greater joy in practice through innovation. Learn from other practices and discover further resources to help you find your happy and improve patient care.</p>	<h4>Tackle the Problem Head-on</h4>	<h4>READ From Surviving to Thriving</h4> <p>STARBUSS: Stop surviving, start thriving.</p>
<h4>ASSESS MBI Overview</h4> <p>Where do you stand on the well-being continuum? The MBI will tell you.</p>	<h4>READ UP/IN Mindfulness</h4> <p>Stress and attention are engaged and balanced? The key is focus.</p>	<h4>PRACTICE Listening Techniques</h4> <p>"The more information we can gather, the more quickly the diagnosis and treatment and the fewer the errors." -Yu-Kai Tseng, MD, MPH, MBA, CPE</p>



FAMILY PHYSICIAN HEALTH AND WELL-BEING CONFERENCE | 2018

Naples Grande Beach Resort in Naples, FL | April 18-21

STAY WELL. STAY STRONG.

Attend the *First-ever Health and Well-being Conference* developed specifically to address the unique challenges family physicians face. Discover tools and resources to improve your well-being in a complex, stressful system.

1. Come together with other family physicians to focus on individual wellness.
2. Hear experts from across the country engage on the subject of well-being.
3. Solve solutions for improved professional satisfaction and better patient care within a broken system.

[Register now and save \\$100. \[aafp.org/fpwb\]\(http://aafp.org/fpwb\)](http://aafp.org/fpwb)



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Taking Care of You and Your Baby While You're Pregnant

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PREGNANCY AND CHILDBIRTH

Prenatal Diagnosis: Amniocentesis and CVS



INFANTS AND TODDLERS

Why Should I Breastfeed?

More information about breastfeeding your baby.



PROCEDURES & DEVICES

Hormone Replacement Therapy

Hormone replacement therapy (HRT) is a type of



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& MEDICAL STUDENTS**

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Any Questions?

