



Nebraska's Physician Wellness Program

## PROGRAM SUSTAINABILITY FUNDING PARTNERS



Launched August 2020, LifeBridge Nebraska is a peer-to-peer, physician-driven wellness program funded through the Nebraska Medical Association Foundation, with oversight conducted by the NMA.





## MEDICAL DIRECTOR'S MESSAGE

LifeBridge Nebraska addresses physician wellbeing by engaging physicians to be proactive when it comes to both their mental and physical health. It is time to replace the mindset of "I'm fine," "I don't have time," or "I'm embarrassed," with ***"I owe it to myself, I owe it to my patients, and I dare to do the right thing."***

**All Nebraska physicians are eligible to use LifeBridge Nebraska, regardless of NMA membership.** LifeBridge Nebraska provides trained, physician coaches to work with physicians who are experiencing burnout and distress, as well as those who are seeking proactive preventive tools to help improve their lives.

**LifeBridge Nebraska coaching sessions are confidential, and no medical record is created.** No information will be shared with the Board of Medicine and Surgery, your employer, or the NMA.

**There is no cost to physicians to use the program.** The number of sessions may vary from one to several, depending on the circumstances. Sessions are generally held via phone calls or through video conferencing. If a physician is experiencing a more serious problem, a referral will be made to ensure they can receive the appropriate level of help needed.

**However, there is a cost to sustain the program, and that is our ask today.** Would your organization be willing to contribute to LifeBridge Nebraska's ongoing sustainability? We need our healthcare allies to partner with us to provide this great resource, ensuring collectively that all physicians can perform at their highest level. Providing an effective wellness program is key.

Sincerely,

A handwritten signature in black ink, appearing to read "T Stull". The signature is fluid and cursive, with a long, sweeping underline.

Todd Stull, MD

LifeBridge Nebraska Medical Director

# SUSTAINABILITY PARTNERS

Sustainability contributions based on entity size provides the opportunity for all hospitals to support their physicians' wellbeing, without having to create their own internal programs.

ENTITY	NUMBER OF BEDS	AMOUNT PER YEAR	FIVE-YEAR COMITTMENT
SINGLE HOSPITAL	1-15	\$250	\$1,250
	16-25	\$500	\$2,500
	26– 100	\$750	\$3,750
	101—199	\$1,000	\$5,000
	200+	\$1,500	\$7,500
HEALTHCARE SYSTEM*		\$5,000	\$25,000
PAYER		\$5,000	\$25,000
CORPORATE		\$5,000	\$25,000

\* Healthcare System is defined as two or more hospital locations.

As a LifeBridge Nebraska Sustainability Partner, your organization will receive:

- recognition on the LifeBridge Nebraska webpage as a Sustainability Partner;
- marketing assets for promotion within your network; and
- promotional items for internal use.

To further discuss LifeBridge Nebraska sustainability, please contact Lindsey Hanlon at 402-413-2060

For more information regarding LifeBridge Nebraska, please visit [lifebridgenebraska.org](https://lifebridgenebraska.org)



# LIFEBRIDGE NEBRASKA SUSTAINABILITY PARTNERS

**For a current list of our hospital, healthcare system, payer, and corporate sustainability partners, please visit:**

**[lifebridgenebraska.org/partners/](http://lifebridgenebraska.org/partners/)**