

FACT SHEET

PROVIDER RESILIENCE



Provider Resilience gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans, and their families.

Users complete a short self-assessment and receive ratings on their risk for compassion fatigue, burnout, and secondary traumatic stress. They can view this data as a graph and monitor changes over time. The app helps providers to manage workloads, avoid burnout, and improve Readiness.

The app contains additional resources such as inspirational cards, stretches, and a vacation countdown clock. These and other resources encourage the user to take restful breaks and actions that are critical to avoiding burnout.

This app was produced by the Web & Mobile Technology Program Management Office, Solution Delivery Division. WMT provides web and mobile solutions to the DHA and other Department of Defense and Department of Veterans Affairs organizations.

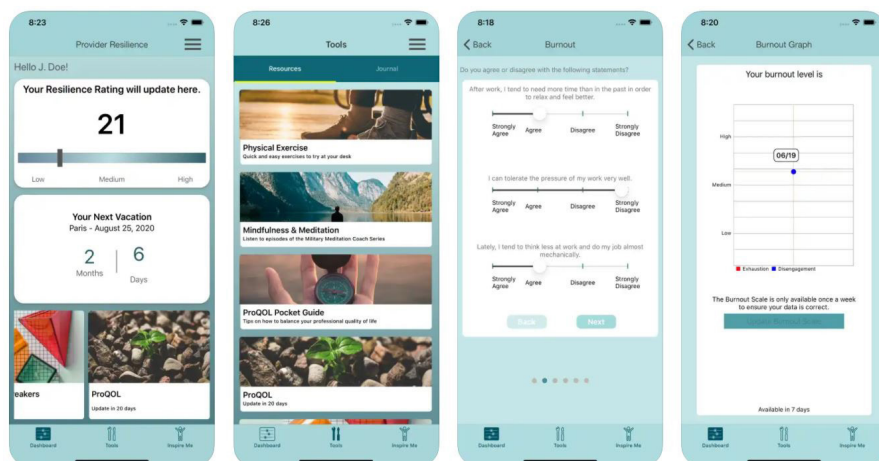


Key Features

- ▶ Personalized security settings
- ▶ User-friendly layout that is easy to read
- ▶ Available for free download for IOS and Android

Key Benefits

- ▶ Allows for self-assessment and monitoring of results
- ▶ Provides motivational resources that aid in relaxation and quality of life improvements
- ▶ Focuses on the provider and encourages self-care, while putting control in the user's hands



To view more DHA's mobile applications, visit <https://mobile.health.mil>.