

# Physician Wellness

## CMS Statement of Commitment



November 1, 2017

Colorado Medical Society designated Physician Wellbeing and Success as one of its five strategic, long-term goals in 2010. In April 2011, CMS conducted an all-member morale survey that revealed only one-half of physician members are able to live a healthy lifestyle in regards to exercise and diet; fewer are satisfied with their ability to find time to relax through activities like yoga or reading. Following the survey, then-CMS President Brent Keeler, MD, named members to the CMS Expert Panel on Physician Wellness to advise the board of directors. The panel finalized their recommendations in February 2013 and the board approved their report at Spring Conference in May 2013. The wellness panel recommends, first, strongly supporting and actively participating in the governor's vision for health and wellness.

Internally, CMS should:

- Educate members on the governor's plan and encourage its support by all elements of organized medicine;
- Encourage individual physicians to lead by example, promoting prevention and wellness to their patients and the public by living a healthy lifestyle;
- Provide resources on healthy living and ways physicians can participate in public and patient education, specifically through this specialized section of the CMS website, which will be continually shaped by the wellness panel; and
- Partner with other stakeholders.

[Click here](#) to view the report of the CMS Expert Panel on Physician Wellness.

The Expert Panel on Physician Wellness continued to take on the goal of improving physician wellness and reducing burnout in 2014. A crucial partner in the effort was the Behavioral Health and Wellness Program at the University of Colorado Anschutz Medical Campus, who developed for CMS a toolkit that was released in September 2014 specifically tailored to physicians to address the eight dimensions of wellness with a focus on stress and burnout.

[Click here](#) to download the toolkit

Other CMS resources on physician wellness can be found at;

<http://www.cms.org/articles/category/physician-wellness>

The overriding theme of the CMS fiscal year 2017-2018 operational plan is: Physician wellness – Maintain a focus on wellness to ensure members know that they are supported.