



BETTER TOGETHER

physician coaching



Better Together (BT) is an [evidence based](#) 4 month digital wellbeing coaching program offered through the University of Colorado School of Medicine. Through group subscription, leaders can take action to promote and support the wellbeing of their MD/DO trainees, or clinical faculty/staff (MD/DO, and APP).

Better Together is the only coaching program that has been proven to work in both [single-site](#) and [large national randomized clinical trials](#), among clinicians and trainees at all career stages and all specialties, and has a demonstrated sustained impact after the coaching intervention is complete. It is also supported by [qualitative analyses](#) describing the reasons for its impact. Our subscription model offers a way for institutions to lead culture change by investing in their clinicians and trainees' wellbeing.

We offer our program to groups of any size at a price that reflects the size of the group of eligible individuals, regardless of the number who enroll. Pricing is as follows:

**UME/GME trainees: \$50/eligible participant
Faculty/Staff Physicians and APPs: \$100/eligible participant**

There is a one-time initiation fee of \$1500 for new groups, and an annual renewal fee of \$750 thereafter.

By subscribing to BT for the next Academic Year:

Your group will receive invitations to participate in either or both the Fall (Sept-Dec) and Spring (Feb-May) cohorts of the Better Together: a 4-month, web-based group coaching program designed for busy clinicians and trainees.



Each 4-month cohort includes access to:

- Membership on our secure website for folks at that training level (UME, GME, MD/DO Faculty or staff, and APPs)
- Up to four 1:1 coaching sessions with a certified coach
- Twice weekly (or more) live group coaching calls on zoom
- Every live call recorded on a private podcast
- 24/7 unlimited written coaching in our secure website
- Lifetime access to 16 weeks of Work at Your Own Pace (W@YOP) content in the form of worksheets, webinars, and self-coaching tools

Your institution will receive:



- Materials to promote the program to your group and detailed instructions for messaging during open enrollment periods.
- Report of de-identified baseline metrics of wellbeing for those who enroll with a national comparator of all who participate in BT that year.
- End of year de-identified report of metrics of wellbeing for those who participated to evaluate the effect of the program.

By submitting [this form](#) you can enroll your group of medical students, residents/fellows, or post-training clinical faculty (MD/DOs and Advanced Practice Providers).

Have Questions? Check out our [FAQ here](#) or [email us](#) anytime.

Please let us know if we can be helpful in creating a proposal for your stakeholders. We are always happy to meet with you or your leadership to understand your specific needs. We are looking forward to hearing from you!


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