



Physician Heal Thyself Support for you



Brought to you by
The Physician
Well-being
Subcommittee

On behalf of the Physician Well-being Subcommittee, we're genuinely pleased to offer Physician Heal Thyself, a portfolio of services selected exclusively for you.

We asked. You answered. Now we're taking action.



Dr. Larry Weinstein
Chief Medical Officer
Humana Behavioral Health

Physician Video Series

Meet this month's video star: **Dr. Larry Weinstein**. He talks about what he loves about being a physician, his love of skiing and treating the whole patient.

Keeping You in the Loop

In recognition of your status as a leader and a person to whom many look for guidance, we've curated some content just for you:

- Development opportunities for Humana physicians
- More ways to maintain your financial well-being.



Take 10 for Yourself

Join your peers and help make a difference in the lives of veterans!

It's not too late to **Take 10 for Yourself!** You can still be part of the **Take 10 for Yourself Challenge for Charity** that started on May 16. Contribute to your health and well-being, and gain the extra health benefit of helping others learn more [here](#).

The charity we'll support is MusiCorps. Formed in response to the crisis of returning service members injured in Iraq and Afghanistan, MusiCorps is a conservatory-level music rehabilitation program that helps wounded warriors play music and recover their lives. Meet the people it is helping, and learn how music therapy is being used to treat conditions such as PTSD.



Join your team now!

- Team Fit4U: Care delivery physicians
 - Team Captain: Dr. Roy Beveridge
 - Team Lieutenants: Drs. Laura Trunk and Derek Van Amerongen
- Team Ion the Prize: Clinical guidance, market-facing and administrative physicians
 - Team Captain: Dr. Jaewon Ryu
 - Team Lieutenants: Drs. Toyosi Morgan and Jorge Luna

Check it Out!

- The Vitality Institute – Taking Health Metrics to Wall Street
- Guy Winch talks about “Why we all need to practice emotional first aid”
- NEJM Catalyst: “New Marketplace Survey: Physicians and Hospitals Differ on How to Reduce Costs”

Have a story, article or video to share? Want to tell us about an award you've won or honor you have received as part of your work in the community? Is photography your hobby and do you have photos we would love to see? Have a favorite health tip that's worked for you or your patients? Please let us know, so the Humana physician community can **Check It Out!**