

“There are so many things to worry about and keep you up at night, we don't want worries about finances to be one of them.”

Jeff Anderson

WHAT KEEPS YOU UP AT NIGHT?

Physician Welless

It is not uncommon for high-performing individuals, such as physicians, to have trouble sleeping on occasion. It's not always clear what triggers insomnia, but it's often associated with stress and anxiety. "Financial obligations" has been reported as one of the top five reasons people worry.

Thoughts that may be keeping you up at night may include splitting assets, retirement savings, protection from malpractice claims, or whether or not you are making the right decisions with your portfolio.

The HCMA Foundation's LifeBridge Physician Wellness Program (PWP) not only offers convenient options for members to seek counseling and coaching, but it also offers an opportunity for members to ask candid questions about their personal or professional financial situation.

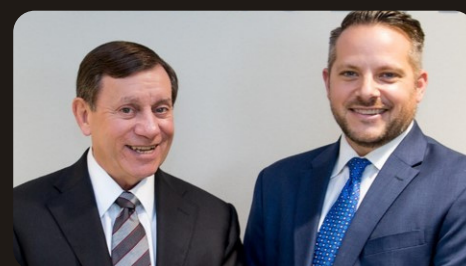
Mike Jensen and Jeff Anderson, the PWP providers for financial coaching, welcome the opportunity to answer your questions and concerns without any obligation on your part. They have supported HCMA members for several years and have many long-term relationships with physicians and their families throughout the country.

The fully funded PWP offers complimentary and completely confidential support. Visit the PWP page on the HCMA website: <https://hcma.net/Physician-Wellness-Program-Meet-The-Providers> for more information and contact details for all providers or scan the QR code.

Self-care is not selfish.

“Assisting physicians in our communities is rewarding to us. We hope to ease some of the stress and take any financial uncertainties off their already overflowing plates.”

Mike Jensen



Mike & Jeff