

The image is a composite of two photographs. On the left, a female doctor in a white lab coat and purple scrubs is shown in profile, looking down with her hand to her face in a stressed or thoughtful pose. On the right, a young woman with long dark hair, wearing a white dress with a yellow sash, is sitting on a yellow woven basket outdoors, smiling at the camera. The background consists of green trees and foliage. A dark blue semi-transparent rectangular box is overlaid in the center, containing the text.

Stressful days
adding up?

maybe **it's time** to
consider a **change**

When things don't feel right with your practice, sometimes it's just a bad day. But when the bad days add up—when stress overrides rewards, opportunities for advancement and leadership aren't there, or time with your family isn't what it should be—maybe it's time to consider a change.

Imagine a place where physicians share the values of patient-centeredness, teamwork and excellence; a welcoming, physician-led integrated system that is well prepared for the changes ahead, and offers opportunities for creative scheduling or advancement; where physicians enjoy a work/life balance that others only dream of.

In short, a place that takes the stress out of practicing medicine, allowing physicians to focus on what they do best: caring for patients.

There is such a place.

Visit www.ichoseguthrie.org/PURL

and find out what our physicians are saying.

Text STRESS to XXXX from your smartphone, or scan this

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www.ichoseguthrie.org



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