



RCEM to launch Wellbeing app for all Fellows and Members

These are set to be challenging times.

We understand that there is a huge amount of information currently circulating with many work-related apps being used in teams to ensure good communication in this rapidly evolving situation.

At the Royal College of Emergency Medicine, we have partnered with 87% to build the RCEM Wellbeing App. All Fellows and Members will receive free access for 9 months, to allow them to monitor and track their wellbeing throughout this time.

The app contains a wellbeing questionnaire that addresses 7 dimensions of health. Once complete, your personalised score will help you stay on track through recommending routine bite-sized actions, providing advice and support, and issuing monthly reports to help you stay informed on how you're doing.

The RCEM Wellbeing App is filled with content that will have something for everyone. The app also highlights tips, tricks, services and websites which can offer advice and support more widely.

RCEM wants this app to provide tailored support to Fellows and Members in a way which addresses their individual needs. This app is convenient, accessible, secure and entirely private with only aggregated and anonymised data being shared with the College to track the wellbeing of our specialty as a whole.

The app will be launched in the next few days to support everyone over an initial 9 month period. Please look out for an email invite from wellbeing@rcem.ac.uk in the next few days with details for how to download and get started.

RCEM Sustainable Working Practices Committee Chair 30 March 2020

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