



New Virtual Program for Arizona Physicians

(sponsored by ArMA)

The Arizona Medical Board is forwarding this information as a courtesy to our licensees

Why visit?

We know being a physician is tough, even in the best of times. Through the [Virtual Doctors' Lounge](#), you can meet with a physician peer – someone who “gets it” – who understands the daily strain of being a physician, the emotional stress, and financial hardships of working through the COVID-19 pandemic.

How does the Lounge work?

Conversations you have with your peer coach are free and confidential. The informal virtual lounge is designed for you – a place where you can chat with a colleague about your stressful day, and alleviate the inevitable burnout everyone experiences from time to time. Drop by the lounge to connect with trained physician peer coaches in an evidence-based peer support program. Visit MDlounge.org email questions to mdlounge@ccainc.com or call (646) 809-0957. See you in the Lounge!

What makes the Lounge possible?

The Virtual Doctors' Lounge is brought to you by the Arizona Medical Association and developed by Corporate Counseling Associates, Inc. This program is available for **ALL licensed Arizona physicians** to utilize and actively supports physician wellness. Thanks to the Arizona Department of Health Services and Arizona Health Care Cost Containment System for providing grant funding for this valuable program.

[Virtual Lounge](#)