**METHODS: INTERVENTIONS**

**AIM #1: PEER ADVISOR TEAM (RAPS)**
- Form Resident Advising Program for Success (RAPS) Team
- Faculty Advisor, Sr Resident, Jr Resident
- Assign incoming intern post NRMP Match Day to PGY-II/III in continuity clinic and corresponding RAPS team (April 1st)
- Email to intern from RAPS team including photo of their new team with fun facts about each team member (April 5th)
- Quarterly check-ins with team (team dependent)
- 3 out of hospital “bonding” events (June, January, May)

**AIM #2: WELLNESS CHALLENGE**
- **January 9th-30th**
  - FIT4LIFE SURVEY
  - Mayo Well-Being Index
  - RAPS PROGRAM
- **Week 2-4**
  - No exercise
  - Watching/listening to TV
  - Social/connecting time w/family/friends and/or to meet new people
- **Week 5-7**
  - 4: baseline fitness activity before challenge
  - 0-3 day week 4-7 days week
  - Listening to music
  - Charity/fundraising event
- **Week 13**
  - 0% outside clinic setting
  - 100% weekly (at clinic)
- **Week 16: Post intervention period**
  - 15% (2) felt not necessarily helpful but potential
  - 85% (11) welcomed idea of a program
  - 100% (5) felt not necessarily helpful but potential
  - 100% (5) felt not necessarily helpful but potential
- **Week 26**
  - Rate your overall health (physical, emotional) this past week?
  - Did you pair exercise w/ other activities/priorities in your life?
  - # days in last wk did you engage in > 30 minutes moderate AND/OR 25 minutes vigorously intensity exercise?
  - Did you pair exercise w/ other activities/priorities in your life?
  - Rate your overall health (physical, emotional) this past week?

**RESULTS:**
- **FIT4LIFE SURVEY**
- **Week 2**
  - Sign up for events
  - Watching/listening to TV
  - Listening to music
  - Charity/fundraising event
- **Week 13**
  - 0% outside clinic setting
  - 100% weekly (at clinic)
- **Week 16**
  - 15% (2) felt not necessarily helpful but potential
  - 85% (11) welcomed idea of a program
  - 100% (5) felt not necessarily helpful but potential
- **RAPS PROGRAM**

**DISCUSSION, BARRIERS, STRATEGIES**

**KEY FINDINGS/DISCUSSION**
- Initiating core teams pre residency begins may help initial transition and lead to long-term trusted relationships
- Simplicity is key and frequent reminders yielded higher completion rates but cumbersome for the team

**BARRIERS**
- Limited data collection and attaining data via surveys may be increasing burnout by adding more to be done

**STRATEGIES**
- Formation of Residency Program Wellness Committee to continue to sustain/build interventions