

My Green Doctor: Your Guide to Office Environmental Sustainability and Saving Money

The Academy now offers its members My Green Doctor, a free office practice management service that can save Florida physicians more than \$2500 per doctor per year. This article tells you about My Green Doctor and how your office can get started in less than 15 minutes.

What is My Green Doctor?

My Green Doctor is a web-based member benefit that is found at www.mygreendoctor.org. It is currently being used by offices in 41 Florida counties. This service shows your staff how to start and manage an office Green Team, to choose from more than 140 Action Steps and Education Steps, and to qualify for a Green Doctor Office Recognition certificate from the Florida Academy of Family Physicians.

My Green Doctor is about adopting wise environmental practices that can mean a healthier office, healthier patients, and healthier community. In addition to improving what you do in the office, the program offers materials and techniques for sharing these ideas with your patients. The topics include energy efficiency, saving water, chemicals in the office & home, recycling & solid waste, renewable energy, transportation choices, and healthy foods.

My Green Doctor is free, science-based, peer-reviewed, and non-partisan. The information is easy to read and requires no science background so that any member of your staff can participate in or lead a Green Team. This is a partnership of the Academy, the Florida Medical Association, and the World Medical Association.

Why should our office “go green”?

Offices using My Green Doctor have benefited from:

- Saving money by lowering overhead costs
- Creating a healthier work environment
- Improving business operations

- Improving office morale and staff retention
- Improving public recognition & reputation
- Improving patient & community health

How it Works

Your staff will learn how to start and to manage an office Green Team, to make improvements in the office, and to qualify for a free Green Doctor Office Recognition certificate from the Florida Academy of Family Physicians. Green Teams meet monthly, generally over lunch, to select Action Steps that the Team wishes to adopt, and gradually to make changes in the office. We provide a Green Team Notes form that makes it simple to keep minutes of the meetings and for you to track your progress.

Getting Started

Your office can start its Green Team in just 15 minutes. Begin by registering at www.mygreendoctor.org; registration and use of the service is free, no passwords are required, and we do not share or sell your information. Ask your office manager and to start your Green Team. Additional physicians and interested staff members can register as well. The Academy will send you a free waiting room certificate just for registering and for taking the My Green Doctor Pledge that your office is striving for environmental sustainability.

Once registered, your office manager can choose the “Quick Start, Now!” tab to read how to plan your first Green Team meeting in minutes. Look around the website as well to find 7 workbooks packed with ideas, blogs, patient brochures, and references.

This is how we create a healthier office and community, while saving money! For more information, contact Mr. Jay Millson (jmillson@fafp.org) or Dr. Todd Sack, Editor of My Green Doctor (tsack8@gmail.com).

