

JOHNS HOPKINS HEALTH SYSTEM CORPORATION  
THE JOHNS HOPKINS HOSPITAL

# Employee Health & Wellness Center



**We are located at**  
Phipps Building, Third Floor  
Open M-F, 7:30 a.m.–4 p.m.  
410-614-1620

## We see

JHHSC/JHH employees who need care for non-emergency illnesses. We'll take walk-ins during the early a.m. (7:30-8:30 a.m.) and mid-afternoon hours (2-3 p.m.). It's best to call ahead to check on wait time or make an appointment. Don't forget to obtain supervisory permission before visiting hours during work.

## We treat

### Non-work related conditions

- Colds
- Cough
- Influenza
- Sore throat
- Sinus problems
- Rash
- Upset stomach
- Fever

### Non-work related musculoskeletal injuries

- Sprains
- Strains

## We are

A staff of

- 2 nurse practitioners
- 2 registered nurses
- 2 support staff

## We provide

- Referrals
- Limited lab services
- Treatment, including prescriptions
- No-cost care



The wellness program for JHHSC/JHH benefit eligible employees. Wellnet assists employees with being more personally involved in managing their own mental, physical, and emotional health.

## Services Provided

### Personal Wellness Profile

Based on a series of questions and answers, this comprehensive and confidential lifestyle assessment provides an individualized report of your current health and lifestyle status. Individual health coaching is provided to assist any employee develop their personalized action plan for healthy living.

### Health Screenings

Screenings are offered several times throughout the month in central locations, or on an individual or departmental basis. Screenings Include:



- Body Composition
- Blood Pressure
- Glucose Level
- Total Cholesterol & HDL
- Weight / BMI

### Health Education Awareness and Seminars

Health education seminars and awareness tables are offered regularly. These are great ways to pick up health information, participate in special activities, and learn more about specific health related concerns and ways to change lifestyle behaviors. Topics vary as do our needs and interests in medical conditions and prevention.

### Departmental In-Services

Can't get away from your workstation? WELLNET can come to YOU! We offer all of our programs on a departmental basis. Sessions can be tailored to meet the needs of each department and can range from 20 minutes to 1 hour.

### 9-Week Cardiovascular Risk Reduction Programs

Wellnet provides 9-week Cardiovascular Risk Reductions programs. The goal of the program is to assist individuals with managing health issues that lead to cardiovascular disease; cholesterol, blood pressure, weight management, smoking cessation, fitness, nutrition, diabetes, and care management. The focus is on face-to-face individual / group educational seminars and individual health coaching.



### Resource Library

A wide-variety of health pamphlets, videos and lifestyle change aides are available for FREE through Wellnet. This library is easy to use! Access it by calling or visiting the office.



### Exercise Programs

Wellnet provides both on-site and off-site exercise program options:

- Aerobics
- Yoga
- Pilates
- Stretch-n-Tone
- Discounts at local gyms

Phipps 409 / 411  
Open M-F, 7am – 5pm  
Phone (410) 955-9538  
E-Mail [Wellnet@jhmi.edu](mailto:Wellnet@jhmi.edu)