

EMPLOYEE WELLNESS RESOURCES



RECHARGE

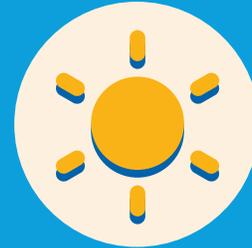
Recharge rooms are provided for self-guided and well-being activities. All staff are welcome to practice mindfulness, stress relief and meditation. HCGH offers recharge spaces across the hospital campus, including two on the second floor, in NICU and L&D, one on the fourth floor in 4 South, Bolduc 1P and the Trellis Building. These spaces include massage chairs, multi-purpose roll-up mats, art supplies and more. Additional spaces will be added soon.



HEALTHY AT HOPKINS

(Benefits-eligible staff only)

This portal is a one-stop resource for health and well-being information and activities. Set health goals, manage your stress, compete in challenges and develop new habits. Its rewards program allows you to earn up to \$1,000 for participating in activities/prompts throughout the year. Sign up: my.jh.edu > HR > **HealthyatHopkins** and pin it as a favorite.



WELLNESS PORTAL

This is your one-stop resource for all things related to employee wellness at HCGH. Access information and resources on audio meditations, articles on chronic conditions, tips for self-care and other resources.

You must be logged into your JHMI account to access the portal page: bit.ly/wellnesshcg.



CARING CONVERSATIONS

HCGH chaplains are here to listen and create a safe space to process your thoughts, feelings and concerns, and to help you identify strategies to cope. Chaplains support all backgrounds and faiths. Call Spiritual Care at **410-740-7898** to speak with a chaplain from 8 a.m. to midnight.



STAY CALM

All Johns Hopkins staff have free access to the premium version of the Calm app for one year. This app helps enhance your practice of mindfulness and relaxation with guided meditations, bedtime stories, soothing music and relaxation tools.

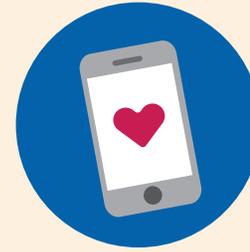
New users can create an account here: calm.com/jhu.



RESILIENCE IN STRESSFUL EVENTS (RISE)

This team provides confidential peer-to-peer support for health system employees who have experienced a stressful, patient-related and/or workplace violence event.

Support from RISE is available 24/7. Page RISE at **410-232-5423**.



JOHNS HOPKINS EMPLOYEE ASSISTANCE PROGRAM

Providing 24/7 free, professional consultation, referrals and counseling for any issue that matters to you and your family, including:

- ▶ Emotional well-being
- ▶ Family and care giving
- ▶ Pet care
- ▶ Legal and financial
- ▶ Career support/resources.

Visit myccaonline.com (code JHEAP) or call **888-978-1262**.



GET INVOLVED

The HCGH Wellness Committee promotes a culture of wellness for staff and volunteers through initiatives and activities that support physical, mental, emotional, spiritual and social well-being. Committee members—also known as Wellness Champions—help identify strategies for your wellness journey.

For more about the committee or to share your wellness ideas, email HCGH-Wellness@jhmi.edu.