



The “We” in Well-Being – Helping Each Other Thrive



Welcome to the Healthy at Hopkins community, where together we put the “We” in Well-Being!

Created especially for the Healthy at Hopkins wellness program, the portal will help you assess your personal health and wellness goals, help you create a plan to reach them, and provide a little encouragement along the way.

Follow the steps below to create your account on the Healthy at Hopkins portal:

First, Register Using a Computer

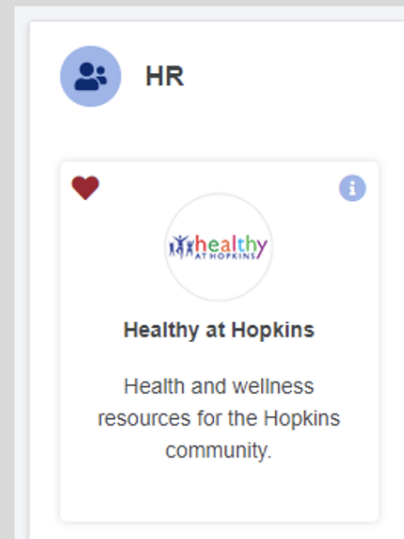
Step 1: Log into my.jh.edu, and navigate to the HR Tab

Step 2: Click “Check it Out!” and follow the on-screen prompts to complete registration

Step 3: Enter your JHEDID@JOHNSHOPKINS.EDU (note: jh or jhmi addresses will not work)

Step 4: Follow the prompts on the screen to complete your registration.

Step 5: Now you’re ready to install the app on your phone and get started on your well-being journey!



Next, Access Your Account Via Cell Phone

Important Note: You must complete your initial registration on a web browser first (computer or mobile browsers both work). Registration cannot be completed exclusively by downloading the Virgin Pulse mobile app.

Step 1: Complete registration as indicated above.

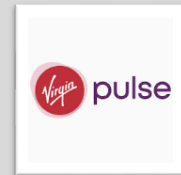
Step 2: Download the Virgin Pulse App on your phone.

Step 3: Log in and get started!

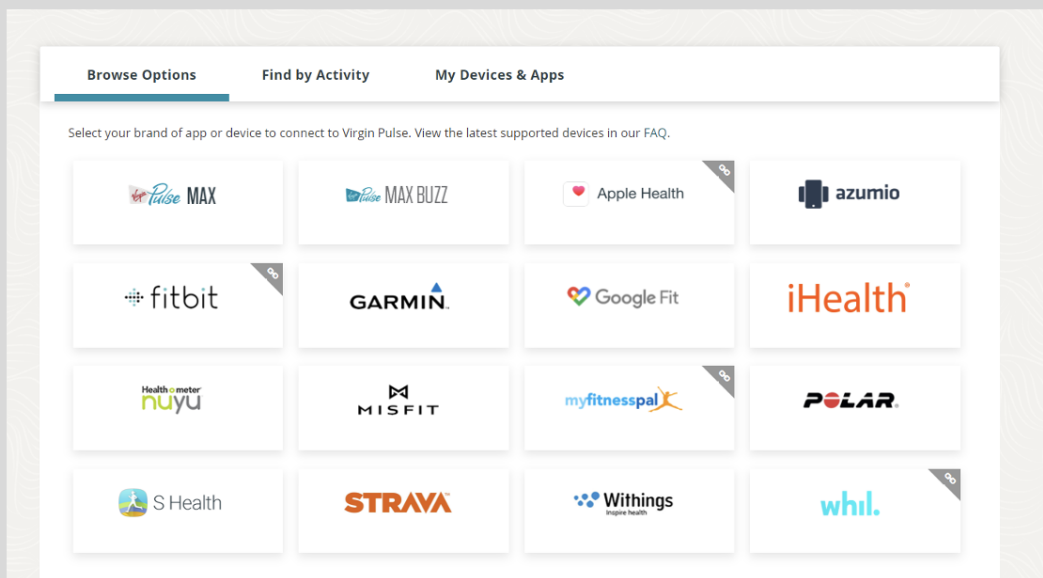
Reminder: For your username, enter your **JHEDID@JOHNSHOPKINS.EDU**

If you forgot your password, click 'forgot your password' and check your work email for a reset link.

Bonus Step 4: Connect your health apps for seamless syncing (see below).



Finally, Connect to Compatible Health Apps



Support your teammates and encourage each other to use the resources and tools available on the Healthy at Hopkins app to make a difference in your overall well-being.

For questions, call 833-554-4554, or email healthyathopkins@jhmi.edu.

Healthy at Hopkins customer support services are managed by Labcorp Employer Services.



Download the App!

Scan the QR code to download the Healthy at Hopkins app today.