

## Healthy at Hopkins is here to help you move forward with self-care.

### Interactive Events from the Worksite Wellness Menu

Request an [activity](#) for your team lead by a Healthy at Hopkins team member.

- Breathing and Meditation
- Progressive Muscle Relaxation
- Self-compassion in Action
- Sleep Seminars
- Meal Prep Made Easy, and More!

### Healthy at Hopkins Portal

Sign up today! Visit [my.jh.edu](http://my.jh.edu) > HR > Healthy at Hopkins and pin it as a favorite. Or [click here](#) to access the portal.

- Participate in Race the Globe spring and fall step challenges. *Friends and family members are invited!*
- Stay connected to colleagues who are on a similar path to well-being.
- Adopt healthy habits or embark on a new health journey to reduce stress, sleep better, or stay fit with your family.

### 15 Minute Meet-ups

Weekdays @ 12 p.m. (except Thursdays)

Join a Healthy at Hopkins team member for [web-based meet-ups](#) to support your well-being and guide you through interactive activities. Daily themes:

- Mindfulness Monday
- Tabata Tuesday
- Walking Wednesday
- Flexible Friday

### Ask the Expert

Thursdays @ 12 p.m.

Live, interactive discussions with Johns Hopkins Medicine experts on various health topics. [Access](#) here!

### Keep Your Pressure Down (KYPD)

This 12-week lifestyle program helps you lower your blood pressure and stress while increasing energy and improving sleep! Programs are offered in the spring and fall. Click [here](#) to learn more.



H@H Portal



Office of Well-Being



Or call **833-554-4554**. Healthy at Hopkins customer support services are managed by Labcorp Employer Services.



**JOHNS HOPKINS**  
MEDICINE

Programs are available to all employees of Johns Hopkins Medicine. [Click here](#) to access the calendar of events.