Healthy at Hopkins Employee Wellbeing Program FAQ

What is the Healthy at Hopkins Portal?
The Healthy at Hopkins Portal is a one-stop website for health and wellbeing-related information and resources. Here, you can learn more about what activities are being offered at your location, read success stories from your colleagues, and take advantage of the various Johns Hopkins health articles written by our faculty and staff members. There are many health trackers and workshops to assist you with improving your health and reaching your personal goals.

Who is eligible to participate?
All full-time and part-time Johns Hopkins Hospital and Health System employees have access to the Healthy at Hopkins program.

First time visiting the Healthy at Hopkins Portal?
If you have not registered your account for the Portal, we encourage you to do so! Log into your My Johns Hopkins portal (my.jh.edu) and select the Healthy at Hopkins logo located on the top of the home page. You will be directed to the registration page to set-up your account. After completing registration, you’ll have access to a variety of health-related resources, quarterly reward tracking, workshops and more!

How does the Quarterly Rewards Program Work?
Once you have logged onto the Healthy at Hopkins Portal, click on the “Rewards Program” tile in the upper right hand corner of the main dashboard. Participate in any combination of the listed activities to gain points. If you reach 120 points by the end of the current quarter, you will qualify to receive the reward of $20* per paycheck in the next quarter. *Part time employees scheduled to work 20-29 hours per week can earn $25 for the quarter.

Keep track of the amount of points you have on the rewards tracker on the main dashboard of the portal!

![Rewards Tracker]

What are some site features that can be found on the Healthy at Hopkins Portal?
Visit the Employee Wellbeing Program tile for information on:

- Rewards Program
- Health Coaching
- Tobacco Cessation Sessions
- Weight Watchers at Work
- Fitness Discount List
- Other Resources:
  - Johns Hopkins Employer Health Program
  - Faculty and Staff Assistance Program
  - Managing Cancer at Work
- Current and Upcoming Events
- Portal Help

What are the workshops, and where can I find them on the Portal?

- Click on Wellness Workshops under the "Wellness" tab. Topics include chronic disease prevention, nutrition, exercise, weight management, smoking cessation, life balance, stress management, personal goal setting and more.

What tools can help me set and track health goals?

- Wellness Workshops, Track My Weight, Cardio Log, Strength Training Log, Blood Pressure Log, Cholesterol Log, Food Log or Meal Planner can be used.

Visit the Upcoming Events section to register for upcoming activities, including fitness classes offered on-site!

If you have any questions about the Portal, please contact the Healthy at Hopkins support team at 877-469-5411 and select option 2, email contactus@healthyathopkinssupport.com. We'll be happy to help!