



## Healthy at Hopkins Employee Wellness Program Q&A

### General Program Questions

#### **What is the Healthy at Hopkins portal?**

The Healthy at Hopkins portal is a one-stop website for health and wellness-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 and wellness trackers and workshops to assist you with improving your health and reaching your personal goals. The portal can even be accessed through your cellphone after downloading the app, and it allows you to submit your own success stories!

#### **Who is eligible to participate?**

All full-time and part-time employees have access to the Healthy at Hopkins program.

#### **When will the new portal be available?**

The new Healthy at Hopkins portal will be available beginning Oct. 12. The current portal is inactive as of Sept. 28.

#### **When can I begin tracking for my fourth-quarter incentive?**

On Oct. 12 you can begin the Scavenger Hunt in the new portal, and you will have until Dec. 21 to earn points.

Throughout the fourth quarter, staff members will be able to participate in various activities to accumulate 120 points and receive a cash incentive in the first quarter of 2017. Full-time staff members scheduled to work 30-plus hours are eligible to receive the cash incentive of \$20 per pay period; part-time staff members scheduled to work 20 to 29 hours per week will receive \$25 in the first quarter.

#### **What are the components of the Healthy at Hopkins program, and when are they available?**

- New Healthy at Hopkins website: Oct. 12
- Reward tracking, fourth-quarter scavenger hunt: Oct. 12 to Dec. 21
- Champion Program: after Oct. 12 launch

## Healthy at Hopkins Portal Questions

### How do I access the new portal for the first time?

Simply visit your My Johns Hopkins Portal ([my.jh.edu](http://my.jh.edu)) and select the Healthy at Hopkins button located on the home page. Once you get to the registration page, create a username (JHED ID), create a password, and fill in your personal information.



### How do I access the new portal for subsequent log-ins?

For subsequent log-ins, you will be able to use single sign-on and won't need to utilize your username (JHED ID) and password to access the portal. To log in with single sign-on, select the Healthy at Hopkins button on the My Johns Hopkins Portal ([my.jh.edu](http://my.jh.edu)) to go directly to your dashboard.



The new Healthy at Hopkins portal button will also be located under the “Staff” tab in the Johns Hopkins Hospital Resources section in place of the previous website.

You can also log in without visiting the My Johns Hopkins Portal by visiting [healthyathopkins.org](http://healthyathopkins.org). You will be required to enter your username (JHED ID) and password to access the site.

### What is available on the new portal?

- A new quarterly rewards program
- Integration of data with wearable devices and mobile apps
- Access to an extensive library of Johns Hopkins Medicine health information
- Tracking tools for meal planning and nutrition, exercise, and other activities
- Health logs for blood glucose, blood pressure, cholesterol, heart rate and body weight measurement
- Employee testimonials and success stories
- Messages from your leaders
- Information on on-site programs/services
- A personal health assessment
- Online workshops and webinars
- Tips for meal planning, healthy recipes and nutrition information
- Wellness challenges

- Ask-a-Wellness Coach

### **How do I take my health assessment?**

On the main dashboard page, click **Health Assessment** under the “Health” tab in the top navigation bar. Complete the series of questions regarding your nutrition and physical activity habits, as well as your sleep habits, safety habits, etc.

### **What weight management tools are available on the site?**

- Under the “Health” tab, click on Health Logs to be taken to the **Weight Log**.
- Under the “Wellness” tab, click on **Progress Report**.
- Under the “Nutrition” tab, the following resources are available: **Food Log, Meal Planner, Recipes**
- Under the “Exercise” tab, the following resources are available: **Cardio Log, Exercise Examples, Exercise Planner**

### **What physical activity tools are available on the site?**

Under the “Exercise” tab, the following resources are available: **Cardio Log, Exercise Examples, Exercise Planner, Steps Log, Strength Training Log, Track My Exercise**

### **What if I already track my progress with an app?**

The portal will not download any retroactive data entered into an app but can sync with some apps for future use. To sync your apps with the wellness portal, you must download the app for the wellness portal (look for tile on the portal for more information).

### **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.

## **Program Support**

### **Who can I contact with questions about accessing the new portal or about the fourth-quarter scavenger hunt?**

All questions may be directed to the Healthy at Hopkins support team by calling 877-469-5411 or emailing [contactus@healthyathopkinssupport.com](mailto:contactus@healthyathopkinssupport.com).