Healthy at Hopkins is here to support you. Choose from the variety of offerings below to keep you and your teams healthy and upbeat during these unsettling times.

**Let’s Connect on Well-Being**
Available to all JHM employees

Dial in every Tuesday at 12 p.m. for a live interactive discussion with your colleagues on various health topics, hosted by a Healthy at Hopkins health coach.

**Monthly Live Webinars**
Available to all JHM employees

- April: Sidelining Stress
- May: Staying Healthy at Home
- June: Sleep Well
- July: Clinical Depression
- August: Smart Nutrition
- September: Exercise Basics
- October: Nutrition Label Know-how
- November: Decoding Diabetes

**Ask the Expert**
Available to all JHM employees

Dial in every Thursday at 12 p.m. for a live interactive discussion with Johns Hopkins Medicine Subject Matter Experts on various health topics. Learn how they stay healthy and why it’s important to practice self-care. Come with questions and leave with answers.

**15-minute Meet Ups**
Available to all JHM employees

Dial in everyday at 11 a.m. to join Healthy at Hopkins for a web-based meet up to support your well-being while working. A member of the Healthy at Hopkins team will guide you through a variety of interactive activities such as Meditation Monday, Tabata Tuesday, Walking Wednesday, and so much more!

**For now, Just Breathe**
Available to all JHM employees

Join a guided 15-minute breathing session every Tuesday at 7:30 a.m. and 11:30 a.m. and every Thursday at 7:30 a.m. to help you feel relaxed and centered.

* Services available at no cost to all members of Johns Hopkins Medicine. For employees at affiliates who have access to the Healthy at Hopkins portal, look to the calendar of events for registration information. For all others, consult your internal postings.

Follow us on Twitter @HealthyHopkins to share how you stay #HealthyatHopkins.

Questions?
Reach the Support Team
Email: contactus@healthyathopkinssupport.com
Call: 1-833-554-4554

Healthy at Hopkins customer support services are managed by Wellness Corporate Solutions.
Healthy at Hopkins Portal***

Visit my.jh.edu and select the Healthy at Hopkins logo to see a calendar of events, read daily health cards, and connect with colleagues, family and friends through the social groups.

- Participate in Health Journeys
  - Stress Less in 10 Minutes
  - 3 Ways to Lower Stress
  - Calm Your Mind for Sleep
  - Make Time for Play
  - Find Your Focus
  - Choose a New Attitude

- Monitor Your Healthy Habits
  - Sleep
  - Mood
  - Built-in Break
  - Gratitude Journal
  - Rest and Refresh
  - Fresh Air

Interactive Events from the Department Well-Being Menu**

- Click here to view the menu and to request one of these interactive, virtual events for your team.
  - Sidelining Stress Seminar
  - Meditation Workshop
  - Deep Breathing
  - Sleep Well Seminar
  - Progressive Muscle Relaxation
  - Gentle Stretching
  - Staying Healthy at Home Seminar
  - Chair Yoga
  - Deskercise

Telephonic Health Coaching**

Talk to a Healthy at Hopkins health coach to start, improve or maintain healthy habits. Click here to schedule your free appointment today!

Additional Resources

Find additional resources at the Johns Hopkins Medicine Office of Well-being website.

** Services available at no cost to the following affiliates: The Johns Hopkins Hospital, Johns Hopkins Health System Corporation, Johns Hopkins Bayview Medical Center, Johns Hopkins HealthCare, Johns Hopkins Medicine International, Johns Hopkins Community Physicians, Johns Hopkins Home Care Group. Telephonic Health Coaching available to EHP and non EHP members.

*** Portal access available to the following affiliates: The Johns Hopkins Hospital, Johns Hopkins Health System Corporation, Johns Hopkins Bayview Medical Center, Johns Hopkins Health Care, Johns Hopkins Medicine International, Johns Hopkins Community Physicians, Johns Hopkins Home Care Group, Suburban Hospital, Johns Hopkins All Children’s Hospital and Sibley Memorial Hospital.