

Helping You Focus on Financial Well-Being

Our financial health is essential to our mental health. According to the National Endowment for Financial Education, 84% of Americans say they are stressed about their personal finances. When we understand how to effectively manage our monetary matters and feel secure financially, we help to reduce our stress and improve overall well-being.

Johns Hopkins Medicine and the Healthy at Hopkins program offers several financial well-being resources to support employees.

Online Journeys for Managing Your Finances

Resources via the Healthy at Hopkins portal that guide employees through various financial situations:

- Plan for Emergencies
- Maintain Financial Fitness
- Organize for Financial Fitness
- Shrink Your Debt
- Stash Some Cash

To access: my.jh.edu > HR > Healthy at Hopkins > Health > Journeys

Additional Resources on the Office of Well-Being Website

To access the following resources, click the links or go to the website.

- [Till Debt Do Us Part: Money and Relationships](#) (44 min. video)
- [Avoid These 10 Common Money Mistakes](#) (38 min. video)
- [The ABCs of Estate Planning](#) (24 min. video)
- [Financial Worries in the House: What Do We Tell the Kids?](#) (19 min. video)
- [Financial Resource Guide](#) (PDF)





Financial Management Webinars

The following webinars will occur in May 2021. For participation details and to register, visit the Johns Hopkins Medicine Office of Well-Being website by scanning the QR code at the bottom of this page or by visiting hopkinsmedicine.org/joy-at-jhm/office-of-well-being/COVID/financial.html. Recordings will also be available afterward on the website.

May 7: Retirement Plan Essentials

A Transamerica Retirement Planning consultant and certified financial planner cover what you need to know for retirement planning.

May 12: Investing: What, Why, When, and How

Sandy Hornor, managing director of wealth management at Baltimore-Washington Financial Advisors, covers the basics of investing.

May 14: How to Build a Spending Plan

Deborah Johnson, senior business development coordinator at Johns Hopkins Federal Credit Union, discusses how to build a smart spending plan.

May 19: Managing Debt

Luke Pelger, partner experience manager at GreenPath Financial Wellness, explains debt management.

May 20: Ask the Expert: Financial Fitness 101

Jack Brossart, financial project manager with Johns Hopkins Health System, talks about financial health and the basic elements of budgeting, spending and saving.

May 26: Market Volatility & Investing

A Transamerica Retirement planning consultant and certified financial planner discuss marketplace volatility related to investments.



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