



Healthy at Hopkins 2023 Rewards Program

Complete
activities between
**Jan. 9 and
Nov. 27**

The "We" in Well-Being

We are more successful in reaching our wellness goals when we support one another. This year, the Healthy at Hopkins program encourages you to engage your colleagues and succeed together!

Here are just a few ways we can support one another's well-being and earn points along the way!

- Schedule a [workplace wellness menu activity](#) for your team to complete.
- Volunteer to serve as your team's [Wellness Champion](#).
- Remind each other to [get your blood pressure checked](#) — and sign up for [Keep Your Pressure Down](#) together.
- Join a team this spring and fall for the [Race the Globe Steps Challenge](#).
- Attend a [15-minute meet up](#) together. They happen four days a week.
- [Increase your steps](#) together. Schedule a walking meeting or take the stairs.

The more you do, the more you earn! Eligible employees* can earn up to \$1,000.** Visit my.jh.edu to see the full list of rewardable activities for 2023.

Earn double points by completing the Culture of Health and Employee Interest Surveys in January and February.



Register today!

Scan the QR code to get the app, powered by Virgin Pulse,[†] or go to my.jh.edu to enroll. For more information about earning points and rewards, visit "Rewards" under the "Home" tab. Encourage your colleagues to do the same!



*Benefit-eligible, full-time and regular part-time employees who are scheduled to work 30–40 hours per week are eligible for up to \$1,000 in rewards. Part-time employees scheduled to work 20–29 hours per week are eligible for up to \$500 in rewards. All employees are eligible to earn points.

**All rewards will be paid out to eligible employees on Dec. 22, 2023. You must be employed by Johns Hopkins on the last day of the rewards program (Nov. 27, 2023) to qualify.

[†]The Healthy at Hopkins portal is accessed on the Virgin Pulse software platform.