

# Healthy at Hopkins 2022 Rewards Program

The more you do, the more you earn.

Healthy at Hopkins is committed to supporting your health and well-being. There are many opportunities for you to stay engaged and practice self-care, while earning points throughout the year. Completing a mindfulness session, participating in a workplace wellness menu activity with your team, and participating in our daily 15-minute meet-ups are some of the many ways to earn points.

The more you stay engaged, the more you earn — up to \$1,000!

Program runs through Nov. 25.



Engage



Earn



Celebrate

What you can earn by completing each level and annually:

	Level 1	Level 2	Level 3	Level 4	Total
<b>Full-time Rewards</b>	\$50	\$150	\$300	\$500	= \$1000
<b>Part-time Rewards</b>	\$30	\$120	\$150	\$200	= \$500
<b>Points</b>	5,000	20,000	40,000	60,000	

All rewards will be paid out Dec. 24, 2022. You must be employed by Johns Hopkins on the last day of the rewards program (Nov. 25, 2022) to qualify. Full-time and regular part-time employees who are scheduled to work 30–40 hours per week are eligible for the full annual reward. Part-time employees scheduled to work 20–29 hours per week are eligible for \$500.

Haven't registered yet?

Don't miss out on all the fun!

Get the mobile app or go to [my.jh.edu](https://my.jh.edu) to enroll.



powered by





Engage



Earn



Celebrate

## A Few of the Many Ways to Earn:

	Practice Self-Care	Earn Points
Daily	Upload 1,000 steps from your wearable device.	10
	Read your daily cards.	20
	Track your healthy habits.	10
	Create a personal challenge.	50
	Complete 15 minutes of activity.	20
Monthly	Take 7,000 steps 20 days in a month.	100
	Win the promoted healthy habit challenge.	200
	Complete a Journey.	150
Quarterly	Set your interests.	100
	Choose your eating type.	250
Yearly	Complete the Health Assessment.	1,000
	Complete the Culture of Health Survey.	2,500
	Complete the Keep Your Pressure Down (KYPD) Program.	3,600
	Submit stories for Instagram and Twitter.	1,000
	Participate in a spring and fall step challenge.	a lot!
	BP Screening Form	Up to 1,000
	<b>NEW!</b> Tell us what you think... <a href="#">click here</a> to submit the Employee Interest Survey.	1,000
	<b>NEW!</b> Workplace wellness menu item, up to 5x per year ( <a href="#">click here</a> ).	500
	<b>NEW!</b> Social media posts up to 11x per year ( <a href="#">click here</a> ).	250

Healthy at Hopkins customer support services are managed by Labcorp Employer Services. If you think you may be unable to meet a standard for a reward under this program due to a medical condition, or if it is medically unadvised, call the Healthy at Hopkins support team at 1-833-554-4554 or email [HealthyatHopkins@jhmi.edu](mailto:HealthyatHopkins@jhmi.edu). We will work with you to find an alternative in light of your condition. For information on the Privacy Policy and EEOC notice, please visit the "Healthy at Hopkins Rewards Program" page under "Benefits" on the Healthy at Hopkins portal.

For more information about the above reward options, visit "Rewards" under the "Home" tab on the site or mobile app.

Haven't registered yet?

Don't miss out on all the fun!

Get the mobile app or go to [my.jh.edu](http://my.jh.edu) to enroll.



JOHNS HOPKINS  
MEDICINE