

Work Stride is a one-stop resource where all of your employees' cancer-related questions can be answered—from cancer prevention to diagnosis, treatment, survivorship and caregiving.

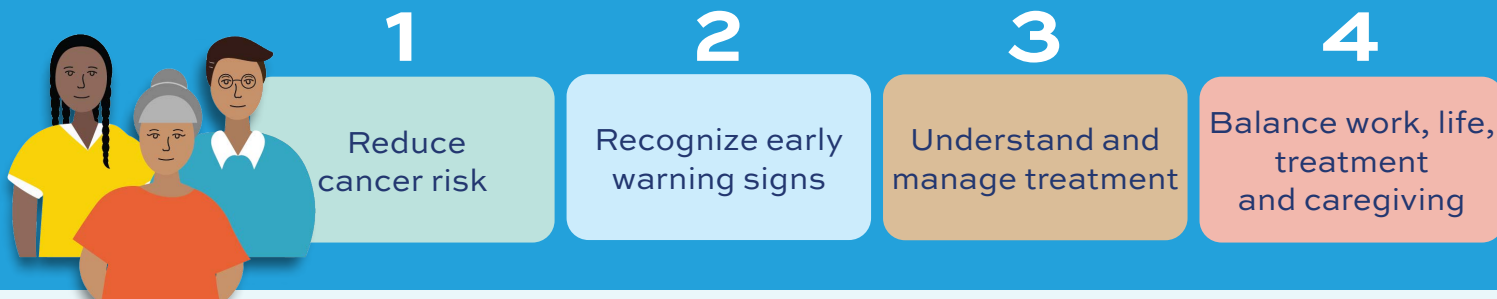


What is Work Stride?

Work Stride offers...

- Expert coordination from Oncology Nurse Navigators at Johns Hopkins Medicine
- Personalized support
- Guidance, education and navigation to available benefits and community resources
- Tools to alleviate the emotional and financial burdens of cancer

Work Stride helps individuals and their loved ones...



More and more working-age adults are either undergoing cancer treatment or caring for a loved one who is. This translates to unexpected health care costs, lost productivity, uncertainty and stress.

Work Stride is a one-stop resource, helping your employees and their managers with...

Prevention & Risk Reduction

- Risk factors
 - Early warning signs
 - Screening tool
- Health promotion
- Resource sharing

Navigation

- Reviewing clinical information
- Overcoming social, financial and legal barriers
- Connecting participants to local resources, support groups and clinicians

Education & Support

- Understanding benefits
- Talking to a manager
- Working during treatment
- Managing work while caregiving
- Understanding government benefits
- Guidance for managers to support their team
- Digital resources, including:
 - Cancer screening tools
 - Informational articles
 - Short educational videos
 - Printable tip sheets



Who is Work Stride for?



For everyone to reduce cancer risk



For those with a cancer diagnosis



For caregivers



For cancer survivors



For managers to help their employees

What Employers are Saying about Work Stride

HUMAN RESOURCES LEADER PERSPECTIVE

*In this environment of rapidly evolving cancer treatment and escalating cost, providing support to employees and their families is a high priority for many employers. While resources are abundant, few cover **the full spectrum of support that is needed**. That is why the Johns Hopkins Work Stride program stands out. A benefits manager makes choices every day on how to allocate company and employee funds on programs that return value to all.*

*The Johns Hopkins Work Stride program **clearly adds value** for all the reasons mentioned above and many more. It only takes one employee giving you their genuine thanks for delivering the program that reinforces the fact that you've made the right decision. **In my mind, making the program available at no cost to our employees is one of my greatest accomplishments during my long tenure.***

AN EMPLOYEE'S PERSPECTIVE

I was diagnosed with kidney cancer in December 2021... During that stressful time waiting for surgery while [COVID-19] raged, I had consulted the written resources on the [Work Stride] website, but had not tried the Nurse Navigator. After my surgery, I called and engaged with {my Oncology Nurse Navigator}.

***We had an unhurried conversation where she shared a wealth of practical knowledge in a very kind and empathetic way. I came away wishing I had contacted her much sooner to experience her calming, confident voice ... I would emphatically recommend {my Oncology Nurse Navigator} to anyone whether they have cancer or not ... I have seen no remotely comparable offering.** [My health insurance] offers phone calls with oncology nurse case managers, but they are typically booked out a month in advance. I sincerely hope this offering, and especially {my Oncology Nurse Navigator}, continue to be available for the foreseeable future.*

To learn more about Work Stride visit www.johnshopkinssolutions.com/workstride or email workstride@johnshopkinssolutions.com