

Work Stride is an oncology support and navigation program for your entire workforce. Work Stride provides your employees (and their loved ones) with cancer navigation, emotional encouragement, access to trusted information, work-life support and holistic coaching — from cancer prevention to diagnosis, treatment, survivorship and caregiving.

ABOUT WORK STRIDE

Initially created at Johns Hopkins for Johns Hopkins employees, the Work Stride program provides a safe, confidential space for anyone to seek guidance as they navigate cancer.

Our Oncology Nurse Navigators provide high-quality and individualized assistance to your employees from day 1. The benefits from Work Stride begin before a health plan receives claims data and long before a care manager reaches out. *Why?* **We understand the importance of moving fast when it comes to cancer.**



Getting your employees *rapid access to the right care and resources* is what Work Stride is all about.

Cancer care translates to over **\$200 billion in annual health care costs, with employers covering 82% of premiums**, not to mention **lost productivity costs**.^{3,4}

Work Stride addresses those staggering costs by providing knowledgeable clinical experts who can help your employees navigate to second opinion services and personalized clinical resources.

Work Stride also seamlessly integrates with your existing health and wellness benefits to help your employees maximize what is already available to them.

DID YOU KNOW?



- **1 in 2 men** and **1 in 3 women** will be diagnosed with cancer in their lifetime.¹
- **1 in 5 Americans** will serve as a caregiver for a loved one.²
- **82%** of American caregivers are working age.²

THE WORK STRIDE EXPERIENCE

Johns Hopkins Oncology Nurse Navigators



- Personal and confidential relationship
- Expert navigation to oncology services and resources nationwide
- Clinically trained nurses with a focus on holistic coaching for overall well-being
- Available via phone call, text or email

24/7 Access to Work Stride Resources



- Expert guidance, tip sheets and videos on diagnosis, treatment, and patient and employee rights
- Training tailored specifically for supervisors
- Breaking news in cancer and clinical research
- Cancer prevention strategies and risk factor screening tools for the whole workforce

Access to Oncology Bundles



- Bundled payments for complex medical procedures
- Available at Johns Hopkins and other nationwide specialty hospitals
- Combines all cancer care — from diagnosis to treatment and post-op — into a single transparent payment
- Helps you manage health care costs and offer high-quality health care to your employees



THE HEART OF WORK STRIDE: OUR NURSE NAVIGATORS

Work Stride's Oncology Nurse Navigators are clinically trained nurses and trusted allies who support individuals on their cancer journey. Nurse Navigators are:

- Clinical experts in oncology
- Lifestyle coaches
- Compassionate advocates
- Attentive and active listeners

Johns Hopkins wrote the playbook on Oncology Nurse Navigation.

Work Stride co-founder Lillie Shockney R.N., B.S., M.A.S. also founded the Academy of Oncology Nurse and Patient Navigators (AONN+). Work Stride Nurse Navigators have access to nearly 9,000 navigators nationwide to find the best recommendation for your employees' personalized needs.

THE WORK STRIDE DIFFERENCE



We get to your employees **faster** than your health plan's care manager



Our Nurse Navigators **have more time** to hear an employee's whole story and protect their rights and wishes



We remove barriers and **improve access to treatment** in the right place at the right time with the right resources



Our two-way **holistic approach** to coaching focuses on wellness, activity, sleep and stress to improve overall **quality of life**



Our Nurse Navigators have **access to Johns Hopkins oncology experts** for advice, guidance and navigation to **high-quality specialist care**, when needed



We provide access to Nurse Navigators throughout the entire cancer journey, **before and beyond the treatment stage**



Our Nurse Navigators guide and encourage employees to utilize care teams at **accredited cancer centers**, for top quality treatment



We provide **manager training** around best practices for supporting an employee with cancer



We provide access to risk reduction strategies and screenings to **promote earlier detection and better outcomes**



Our Nurse Navigators can give advice on **getting into clinical trials** and what to expect from the experience

WORK STRIDE

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

Sources

¹ Cancer.org <https://www.cancer.org/>

² Caregiving.org <https://www.caregiving.org/research/caregiving-in-the-us/caregiving-in-the-us-2020/>

³ Based on Medicare data; Mariotto et al. (2020) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9514601/>

⁴ NGBH <https://www.businessgrouphealth.org/resources/2023-large-employers-health-care-strategy-survey-intro>