

# Benefits for the Journey Ahead

No matter where life takes you, JHU benefits are here to support you along the way.

# Benefits for the Journey Ahead

Everyone follows their own path, and no two life journeys are the same. That's why JHU offers comprehensive benefits and programs to help you improve your health, become financially secure, manage stress, and ensure your family is protected.

Benefits for the Journey Ahead is new way to see how Johns Hopkins University (JHU) can support you and your family.



# New to JHU

- New to the JHU workforce
- Re-joining JHU



# New to JHU



JHU is a great place to build your career. Whether you're new or re-joining, our goal is to fuel your life and help you thrive at JHU.

Get the lay of the land, sign up for all the perks you've been looking forward to, and [discover all the ways JHU supports you.](#)

# Living fully

- Improving your physical well-being
- Taking care of your mental well-being
- Financial well-being
- Building social connections
- Taking time off



# Living fully



JHU benefits are designed to help you live life to its fullest.

From maximizing your [physical](#), [mental](#), and [financial](#) well-being to [fostering social connections](#) and taking [time off to recharge](#), there are benefits and resources to support you in both your professional and personal life.

Health and welfare benefits, including [medical plan coverage](#), [life](#) and [disability](#) insurance, and [voluntary insurance](#), also support you and your family's physical, emotional, and financial health.

# Steering through life's challenges

- Managing a health or mental health issue
- Grieving a loss
- Divorce and separation
- Preparing for the unexpected
- Taking leave



# Steering through life's challenges



Through all of life's obstacles, you can turn to your benefits for support. Get help with:

- Managing medical and mental health issues,
- Navigating cancer, prevention, and support with the guidance of an oncology nurse navigator,
- Support with grieving a loss or dealing with divorce and separation,
- Individual or team support in the workplace,
- Preparing for unexpected health issues and financial events with voluntary benefits, and
- Paid leave benefits if individuals need to take time away from JHU.



# Building and caring for your family

- Making your +1 official
- Moving in together
- Adding a new child to your family
- Child care
- Elder care
- Pet care
- Empty nest



# Building and caring for your family



Every family is unique and JHU is committed to providing benefits that support you and your loved ones – however life unfolds for you.

We provide programs to support family building like [family leave for new parents](#), [adoption and gestational assistance](#), and [lactation support](#). Other resources help you find and pay for [child care](#), [elder care](#), and [pet care](#).

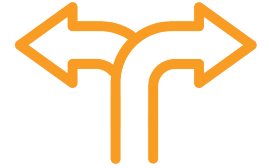
[Learn about these and other offerings.](#)

# Navigating your career

- Charting your career path
- Pursuing further education
- Designing your work life
- Returning to work after leave
- Career transitions



# Navigating your career



JHU offers professional development opportunities and resources that support your work goals, including [tuition assistance](#), [life coaching](#), [professional skills development](#), the [Center for Staff Life Design](#), and [more](#).

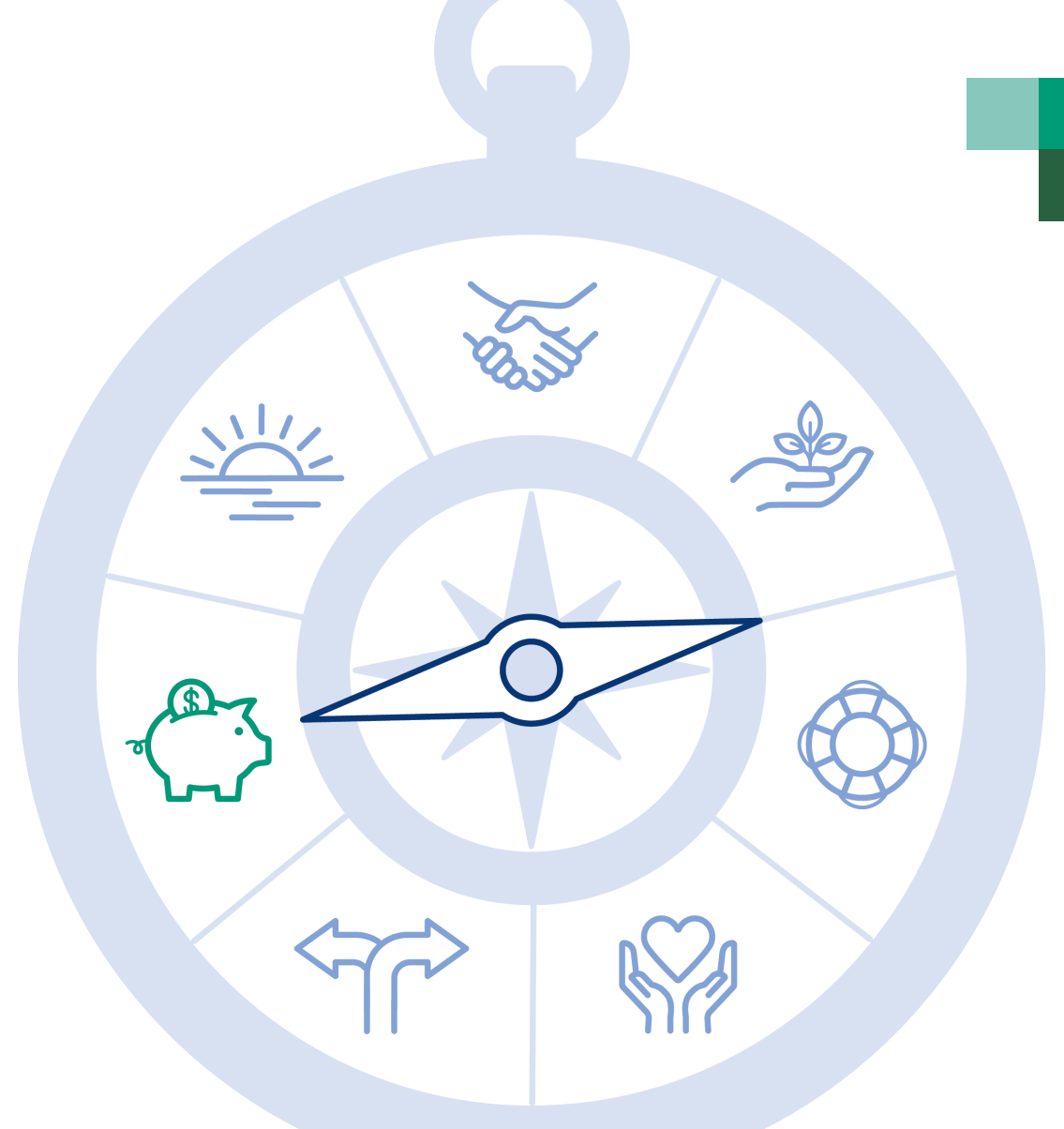
Staff can access [myCareer](#), a new system designed to enhance career development opportunities.

Additional resources and support are also available to [leaders and managers](#).

When you need to pause your career to focus on your personal life, take [time off](#), including [family leave for new parents](#).

# Managing your money

- Budgeting and debt management
- Buying a house
- Saving for the near future
- Saving for retirement
- Protecting your family
- Tuition support for family



# Managing your money



Just like any journey, your financial needs will change over time. JHU's financial benefits provide the support you need to stay on course, from [managing debt](#), [budgeting](#), [buying a house](#), [planning for unexpected expenses](#), to [tuition assistance](#) for you and your family.

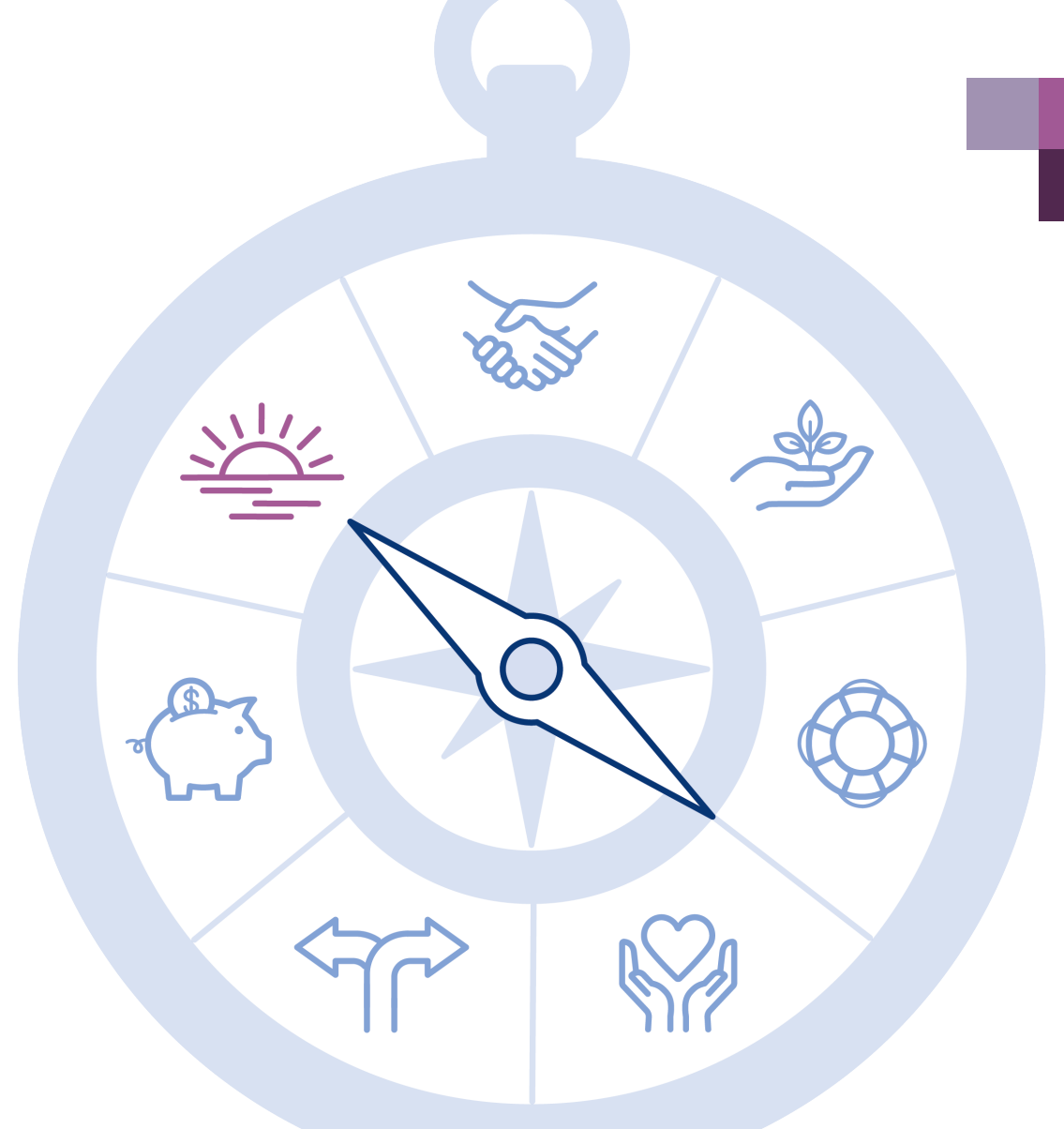
JHU offers ways to save today and in the future on health and dependent care expenses with a [Health Savings Account](#) and [Flexible Spending Accounts](#).

[JHU's retirement plans](#) help you build toward future financial security.

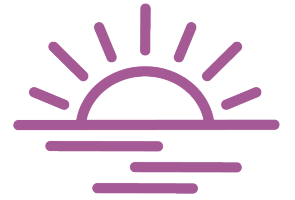
Whatever your financial priorities, JHU's benefits can help you reach them. [Discover how.](#)

# Parting ways with JHU

- Ending your employment with JHU
- Career transitions
- Planning for retirement



# Parting ways with JHU



Transitions are part of every journey. When it's time to move on, we're here with support as you part ways with JHU. To see JHU's policies and practices around resignations, terminations, reinstatements, and rehires, visit [leaving JHU](#).

If you'd like to explore a career transition outside of JHU, the [Center for Staff Life Design](#) offers guidance and resources.

If you're heading to a well-deserved retirement, read up on the [retirement planning resources](#) JHU offers – including seminars to help you prepare for life as a retiree.



# Coming soon

In the next year, an enhanced HR website will launch showcasing Benefits for the Journey Ahead.

Look for more before and during Annual Benefits Enrollment from October 15 to 31.



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