

# Wellness for Your Wallet

Resources for you and your household members

JOHNS HOPKINS  
UNIVERSITY & MEDICINE

Financial stress is a leading cause of anxiety and relationship strain. That's why having convenient access to financial guidance and resources is invaluable in today's economic climate. **the Johns Hopkins Employee Assistance Program** offers you and your household members free, personalized consultation, referrals, and resources to help improve financial literacy, navigate economic uncertainty, and create a sense of control—enhancing both financial and emotional wellbeing.

## WHEN YOU CALL

- **Consult with financial educators** around budgeting, managing debt, purchasing a home, saving for the future, recovering from identity theft, and more
- Receive timesaving, **personalized referrals** to organizations and programs offering financial assistance with needs such as rent, utilities, housing, medical treatment, prescriptions, education, and more



## SELF-GUIDED RESOURCES

- Score exclusive discounts on retail brands, restaurants, concert and movie tickets, and more at the online **Savings Center**
- Explore your options for financing, investment, retirement, and more with easy-to-use **financial calculators**
- Download **TaxSlayer** software, offering the option to prepare, print, and e-file your simple federal and state tax returns for free
- Access an online hub of financial seminars, articles, handbooks, audio clips, and other resources to help you increase your financial fitness



## WHERE TO START

For free, confidential support anytime, anywhere, just access the service by one of the methods below.

COUNSELING SERVICES  
REQUEST FORM:  
**[jh.eapintake.com](http://jh.eapintake.com)**

PHONE: **888-978-1262**

WEB: **[myccaonline.com](http://myccaonline.com)**  
Company Code: JHEAP

APP: **CCA@YourService**  
Access Code: JHEAP

