



# HERE FOR YOU

Resources and Programs

## **LIFESTYLE AND NUTRITION**

**CHIP** – A free lifestyle course focusing on healthier habits such as diet, physical activity, and stress management. To join, contact [HR-Benefits@jhsmiami.org](mailto:HR-Benefits@jhsmiami.org).

**Employee Assistance Program** – Resources include daily life assistance, legal & financial services, emergency kits, discount center and more. Call or log in: 786-466-8377, resourcesforliving.com Username: Jackson; Password: Health

**Kula for Karma** – Yoga every third Wednesday at Noon & Meditation on Thursdays at 4:30pm. To join, visit [jacksonbenefits.org](http://jacksonbenefits.org).

**MDLive** – Virtual visits anywhere, anytime. Members can speak with a doctor by phone at -888-834-1532 or virtually. App available. Visit [MD Live](http://MDLive).

**Monthly Wellness Wednesday Massages** – Rotational in-unit chair massages. To request, email [HR-Benefits@jhsmiami.org](mailto:HR-Benefits@jhsmiami.org).

**Onsite Employee Health Clinic** – Available free of cost to all employees for healthcare needs while at work, located in Jackson Medical Towers **305-585-6903**.

**SmartShopper** – Cash rewards for services and procedures available for Jackson Select and POS participants. Visit [avmed.org/smartshopper-jhs](http://avmed.org/smartshopper-jhs).

**WellFluent Living Program** – Visit [avmed.org/jhs](http://avmed.org/jhs) Online Wellness Portal powered by HealthyRoads—online classes, resources and self-management tools.

- Active & Fit Program - Discounted Fitness Program Membership with access to more than 11,000 fitness centers.
- Weight Watchers Program with a discounted rate and reimbursement for eligible participants.

**Wheel of Wellness** – Voluntary wellness program designed to motivate you to maintain and improve your well-being by offering a cash incentive for the completion of eligible activities. To participate visit Infor

For **employee discounts**, visit the Jet Portal, Employee Resources - Employee Discounts

## **MENTAL HEALTH**

**Employee Assistance Program: TalkSpace and My Strength Program** – Counseling available 24/7, five sessions a year, call or log in: 786-466-8377, resourcesforliving.com Username: Jackson; Password: Health

- **MyStrength** is an online and mobile tool offering customized resources. Members can improve their emotional health, enjoy interactive activities and become inspired by quotes and videos.

Onsite Counseling: one-on-one sessions or group therapy. Text on your own time through **Talkspace** and receive personalized Chat Therapy.

**Headspace App** – Free premium access to Headspace application; register using your Jackson email. Meditate. Move. Sleep. Focus. Visit [work.headspace.com/jacksonhealth/join](http://work.headspace.com/jacksonhealth/join).

**TAVA Health** – Unlimited Counseling Sessions. Sign in online using Jackson email – [TAVA Health](#).

## **FINANCIAL WELLNESS**

**Advantage Home Plus** – Homeownership program makes it easier to buy, sell, or refinance a home. Visit [jacksonbenefits.org](http://jacksonbenefits.org) for more information on Advantage and other housing partners.

**Corebridge** – Tax deferred accounts 403(b), 457(b), and/or 529. Visit [www.corebridgefinancial.com/rs/jhs/home](http://www.corebridgefinancial.com/rs/jhs/home) to learn more.

**UW@Work, United Way** – Free financial coaching for eligible employees. Visit [jacksonbenefits.org](http://jacksonbenefits.org) to schedule an appointment.

## **EDUCATION SUPPORT**

**EdAssist** – Third-party student loan assistance provider. Visit [jhs.edassist.com](http://jhs.edassist.com) for more information.

**Public Service Student Loan Forgiveness** – After making 120 qualifying monthly payments towards an eligible Student Loan, Jackson employees may qualify for Federal Loan Forgiveness. Visit [studentaid.gov/pslf/](http://studentaid.gov/pslf/).

**Tuition reimbursement** – Jackson offers tuition reimbursement to eligible employees. Employees who have been employed for at least six months will be eligible for \$5,000 of financial assistance if full-time or \$2,500 if part-time.

**Fiducius Student Loan Navigating Tool** – Fiducius provides in-depth education and comprehensive support on student loan restructuring options, including forgiveness through the PSLF program for both existing and new student loans. [jacksonhealthsystems.myFiducius.com](http://jacksonhealthsystems.myFiducius.com).