



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.

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. To join, visit 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.

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.

WellFluent Living Program – Visit 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.

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.

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 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 to learn more.

UW@Work, United Way – Free financial coaching for eligible employees. Visit jacksonbenefits.org to schedule an appointment.

EDUCATION SUPPORT

EdAssist – Third-party student loan assistance provider. Visit 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/.

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.