



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 & Meditation on Thursdays at 4:30pm. 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.
- 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.

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/.

Student loan repayment – Jackson offers a repayment program for eligible full-time employees with active student loans, no older than 5 years old. New applications available only during open enrollment.

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.

Jackson Scholarship Program – Allows employees the opportunity to reach educational and career goals, with no out-of-pockets costs. Programs such as Nursing, Respiratory Therapy, or Medical Laboratory Science, are made available at partnering schools at no cost to the employee, while offering job opportunities after completion. For more information contact: HR-Benefits@jhs.miami.org.

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.