Work Stride™ from Johns Hopkins Medicine

Cancer Prevention, Navigation & Support

Work Stride is a one-stop resource where all of your cancer-related questions can be answered—from cancer prevention to diagnosis, treatment, survivorship and caregiving.

What is Work Stride?

Work Stride offers...

- Expert advice from Oncology Nurse Navigators at Johns Hopkins Medicine
- Personalized support

- Guidance, education and navigation to available benefits and community resources
- Tools to alleviate the emotional and financial burdens of cancer

Work Stride helps individuals and their loved ones...

1. Reduce cancer risk
2. Recognize early warning signs
3. Understand and manage treatment
4. Balance work, life, treatment and caregiving

Work Stride is one-stop resource, helping you with...

Prevention & Risk Reduction

- Risk factors
  - Early warning signs
    ◊ Screening tool
- Health promotion
- Resource sharing

Education & Support

- Understanding your benefits
- Talking to your manager
- Working during treatment
- Managing work while caregiving
- Understanding government benefits
- Guidance for managers to support their team
- Digital resources, including:
  - Cancer screening tools
  - Informational articles
  - Short, educational videos
  - Printable tip sheets

Navigation

- Reviews clinical information
- Helps overcome social, financial and legal barriers
- Connects participants to local resources, support groups and clinicians
Who is Work Stride for?

For everyone: cancer prevention & risk reduction

For individuals and their loved ones who have a cancer diagnosis

For caregivers: support and education

For cancer survivors

For managers to help their employees who have cancer or who are caregivers

Work Stride is available to all individuals and their loved ones at no cost.

What Participants are Saying about Work Stride

EMPLOYEE WITH HPV-RELATED CANCER

I was diagnosed with a beatable, treatable cancer last month and have partnered with {my Oncology Nurse Navigator} and Work Stride, and can say I feel fortunate to have this support system available to me. Work Stride and {my Oncology Nurse Navigator} are simply the best. It has been incredibly helpful working through the navigation of my potential treatments.

CAREGIVER AND ADVOCATE

{Work Stride} is an extremely valuable and comprehensive resource for cancer information. It is my go-to resource when I have a question for myself, a family member, friend or patient about the latest in cancer screening and treatment. {My Oncology Nurse Navigator} is extremely knowledgeable, caring and professional. She has been there to speak with my family to better understand their diagnosis, develop the questions they need to ask their health care provider, advise on the latest treatments, and provide guidance and support through the process.

Questions about cancer screenings or prevention? Need to talk to someone about a recent diagnosis, treatment or survivorship? Are you a cancer caregiver or manager of an employee with cancer?

Reach out your Oncology Nurse Navigator at 844-446-6229 or managecancer@jh.edu