

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

PHONE: **888-978-1262**

WEB: **myccaonline.com**
Company Code: JHEAP

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

