## **Cancer Prevention, Navigation & Support**



Work Stride is a free, confidential program for anyone who is impacted by cancer to seek guidance and emotional support — from cancer prevention to diagnosis, treatment, survivorship and caregiving.

### WHAT IS WORK STRIDE?

- Navigation to clinical care from Johns Hopkins Oncology Nurse Navigators
- Access to trusted information
- Work-life guidance and referrals to employee benefits
- Personalized 1:1 coaching and emotional support
- Manager training to support employees





Helping you (and your loved ones) cope with the burdens of cancer and providing rapid access to the right care and resources is what Work Stride is all about.

### WORK STRIDE HELPS INDIVIDUALS AND THEIR LOVED ONES...





Recognize early warning signs

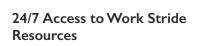
Understand and manage treatment

Balance work, life, treatment and caregiving

### THE WORK STRIDE EXPERIENCE

# Johns Hopkins Oncology Nurse Navigators

- Personal and confidential relationship
- Expert navigation to oncology services, 2nd opinions or resources nationwide
- Clinically trained nurses with a focus on holistic coaching for overall well-being
- Connect to benefits and assistance programs
- Available via phone or video call, text or email



- Expert guidance, tip sheets and videos on diagnosis, treatment, and patient and employee rights
- Training tailored specifically for supervisors
- Breaking news in cancer and clinical research
- Cancer prevention strategies and risk factor screening tools for the whole workforce
- Help in planning for the future such as advance directives, end-of-life care and survivorship





### THE HEART OF WORK STRIDE: OUR NURSE NAVIGATORS

Work Stride's Oncology Nurse Navigators are clinically trained nurses and trusted allies who support individuals on their cancer journey. Nurse Navigators are:

- Clinical experts in oncology
- Lifestyle coaches
- Compassionate advocates
- Attentive and active listeners

### Johns Hopkins wrote the playbook on Oncology Nurse Navigation.

Work Stride co-founder Lillie Shockney R.N., B.S., M.A.S. also founded the Academy of Oncology Nurse and Patient Navigators (AONN+). Work Stride Nurse Navigators have access to nearly **9,000 navigators nationwide** to find you the best recommendation that matches your needs.

#### THE WORK STRIDE DIFFERENCE



Work Stride is for everyone — not just those with a cancer diagnosis



Our Nurse Navigators take time to hear your whole story and protect your rights and wishes



We remove barriers and **improve access to treatment** in the right place at the right time with the right resources



Our two-way holistic approach to coaching focuses on wellness, activity, sleep and stress to improve overall quality of life



Our Nurse Navigators
have access to Johns
Hopkins oncology
experts for advice,
guidance and navigation
to high-quality
specialist care, when
needed



Our Nurse Navigators guide and encourage employees to utilize care teams at accredited cancer centers, for top quality treatment



We provide **manager training** around best practices for supporting an employee with cancer



We provide education on risk reduction strategies to promote earlier detection and better outcomes



Our Nurse Navigators can give advice on getting into clinical trials and what to expect from the experience

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

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

### Sources



Cancer.org https://www.cancer.org/

<sup>&</sup>lt;sup>2</sup> Caregiving.org https://www.caregiving.org/research/caregiving-in-the-us/caregiving-in-the-us-2020/

<sup>&</sup>lt;sup>3</sup> Based on Medicare data; Mariotto et al. (2020) https://www.ncbi.nlm. nih.gov/pmc/articles/PMC9514601/

<sup>&</sup>lt;sup>4</sup> NGBH https://www.businessgrouphealth.org/resources/2023-large-employers-health-care-strategy-survey-intro