

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...



1

Reduce cancer risk

2

Recognize early warning signs

3

Understand and manage treatment

4

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



24/7 Access to Work Stride Resources

- 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

¹ Cancer.org <https://www.cancer.org/>

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

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

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



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