

OSU Health Plan's Buckeye Baby Program

The Buckeye Baby program, offered by the OSU Health Plan as a service of Your Plan for Health, offers a variety of resources to help you and your family on your new journey.

Individuals must be enrolled in an Ohio State medical plan to participate.

Web-Based Prenatal Series

- Four live webinar-based discussions that review different pregnancy-related topics. During each session, you will be able to ask questions and share ideas with other parents-to-be, as well as with a nurse and dietitian.
- Individual telephonic sessions are available as needed.

Lactation Support

- Lactation consultations are covered at 100%
- OSU Buckeyes for Breastfeeding support group
- Complimentary double electric breast pump

Postpartum Home Visit

- Buckeye Baby moms living in Franklin and contiguous counties will receive a free home visit by a registered nurse shortly after your discharge to make sure your transition to home is going smoothly. The nurse will conduct a clinical check of you and your baby, follow-up on any issues your doctor identified at the time of discharge, and talk with you about adjusting to life changes.

YP4H Points

- YP4H points are available for participating in the Buckeye Baby program. To learn more, email OSUHPBuckeyeBaby@osumc.edu.

Important Reminder

If you plan to cover your baby on the OSU Health Plan, remember that you must complete enrollment **within 31 days of birth**. Call the Ohio State Office of Human Resources at **(614) 292-1050** to learn more.

Dealing with postpartum depression?

Contact your doctor right away. You can also contact your Employee Assistance Program (EAP) for counseling related to postpartum concerns. Call (800) 678-6265 or email eap@osumc.edu to learn more.

To sign up or for questions, email OSUHPBuckeyeBaby@osumc.edu or call our customer service at **(614) 292-4700, extension 0**.



More resources are available online! Visit the Buckeye Baby page on www.osuhealthplan.com and click on Buckeye Baby under the members tab.



Buckeyes for Breastfeeding Support Groups

Complimentary monthly support groups brought to you by OSU Health Plan.

OSU Health Plan benefits-enrolled members who are new, expectant, and experienced parents are invited! Bring your little ones, meet other parents, engage in breastfeeding discussions, and receive peer support. Sessions are led by a nurse and physician lactation specialists. All OSU Health Plan members welcome!

Whether you are just starting to breastfeed or if you are already back to work, these groups are designed to offer encouragement and support. Participants do not have to be enrolled in the Buckeye Baby program to attend.

For scheduling or any other questions, call (614) 292-4700, extension 0 or email osuhpbuckeyebaby@osumc.edu.



Join us at the next Buckeyes for Breastfeeding support group meeting!

Buckeyes for Breastfeeding: Starting Out Right
Designated Wednesdays
11:00 a.m to
12:00 p.m.

Buckeyes for Breastfeeding: Back to Work
Designated Thursdays
6:00 p.m to
7:00 p.m.

To register, visit linktohealth.osu.edu, select “educational program” and search the keyword “breastfeeding.”

Important Note: Participants are encouraged to register in advance online in case there is ever a change to a meeting date, time, or location.

Meeting Location for Breastfeeding Group

OSU Internal Medicine and Pediatrics
3691 Ridge Mill Dr.
Hilliard, OH 43026

These meetings are very informal. Please feel free to dress comfortably and *bring your baby!*