

OSU Health Plan's Buckeye Baby Program

Are you expecting a baby? The Buckeye Baby program from the OSU Health Plan and Your Plan for Health (YP4H) is here for you. We offer support to expectant parents from early pregnancy through six months postpartum. All services are complimentary and confidential for those who have OSU Health Plan insurance.

Prenatal Webinars

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 health coach. To schedule, visit osuhealthplan.com/programs-and-services/buckeye-baby. Individual telephonic sessions are available as needed.

Postpartum Telephonic Support

A trusted nurse or health coach will work with you to answer your questions and provide guidance during scheduled telephonic sessions at two weeks, three months and six months postpartum.

Lactation Support

The Buckeye Baby team will help breast/chestfeeding individuals understand how to access their benefits such as a complimentary double electric breast pump, the OSU Health Plan Buckeyes for Breastfeeding support group, and lactation consultations (visits 1-6 are covered at 100% if needed).

Postpartum Home Visit

Birthing people living in Franklin and contiguous counties are eligible for a complimentary home visit by a registered nurse with Interim HealthCare within four to ten days of discharge to check on them and the baby.

YP4H Points

YP4H points are available for participating in the Buckeye Baby program. To learn more, visit yp4h.osu.edu.



Important Reminder

If you plan to cover your baby on the OSU Health Plan, remember that you must complete enrollment online via [Workday](https://osuhealthplan.com) within 30 days of birth. Contact the Ohio State Office of Human Resources at 614-247-6947 or hrconnection.osu.edu to learn more.

Dealing with postpartum depression?

Contact your doctor right away. You can also contact the [Ohio State Employee Assistance Program \(EAP\)](https://eap.osumc.edu) for counseling related to postpartum concerns. Call (800) 678-6265 or email eap@osumc.edu to learn more.

Questions? Email OSUHPBuckeyeBaby@osumc.edu or call customer service at (614) 292-4700, extension 0. More resources are available at osuhealthplan.com (click Buckeye Baby under the programs and services tab).



Buckeyes for Breastfeeding Support Groups

Complimentary monthly support groups brought to you by the 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 breast/chestfeeding discussions, and receive peer support. Sessions are led by a nurse and physician lactation specialists.

Whether you are just starting to breast/chestfeed 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: **Virtual**
11:00 a.m to 12:00 p.m.

**Buckeyes for Breastfeeding:
Back to Work**

Designated Thursdays: **Virtual**
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.

All meetings will be virtual. Due to limited number of participants, please cancel if you're not able to attend.

2022 Dates on Wednesdays:

[January 26](#)
[February 23](#)
[March 30](#)
[April 27](#)
[May 25](#)
[June 29](#)
[July 27](#)
[August 24](#)
[September 28](#)
[October 26](#)
[November 16](#)
[December 14](#)

2022 Dates on Thursdays:

[January 27](#)
[February 24](#)
[March 31](#)
[April 28](#)
[May 26](#)
[June 30](#)
[July 28](#)
[August 25](#)
[September 29](#)
[October 27](#)
[November 17](#)
[December 15](#)

Join us from the comfort of your home. Meetings are very informal, so feel free to dress comfortably and *bring your baby!*