

# The OSU Health Plan is here to support your wellness journey!

## 2022 PROGRAMS AND EVENTS FOR OCTOBER



To register for any of the programs below, visit [linktohealth.osu.edu](https://linktohealth.osu.edu) (search by date or keyword).

### EDUCATIONAL PROGRAMS:

[Utilizing Your Fall Harvest \(webinar\)](#)

October 4 at 11:30 a.m.

[Composting 101 \(webinar\)](#)

October 11 at noon

[Buckeye Paws Therapy Program Info Session \(webinar\)](#)

October 18 at noon

[The Dangers Associated with Inflammation \(webinar\)](#)

October 18 at 12:30 p.m.

[Making the Most of Family Mealtime \(webinar\)](#)

October 25 at 11:30 a.m.

[Buckeyes for Breastfeeding: Starting Out Right \(webinar\)](#)

October 26 at 11:00 a.m.

### GROUP HEALTH COACHING:

[Building Habits: Generating Motivation for Sustainable Success \(webinar\)](#)

October 6, 13, 20 and 27 at noon

[Midlife Wellness for Women \(webinar\)](#)

October 10, 17, 24 and 31 at noon

[Tracking for Weight Loss \(webinar\)](#)

October 12, 19, 26 and November 2, 9 and 16 at noon

[Touchdown for Wellness \(webinar\)](#)

October 14, 21, 28 and November 4 at 11:30 a.m.

[Relax to Recharge](#)

October 14, 21, 28 and November 4 at 9:00 a.m.

### BUCKEYE BABY PROGRAMS:

[Navigating 3rd trimester and post-partum \(webinar\)](#)

October 18 at noon

[Lactation Benefits \(webinar\)](#)

October 25 at noon

Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.

For additional Parenting & Family webinar topics, visit [linktohealth.osu.edu](https://linktohealth.osu.edu) (search Educational Program).

### Get Ready To Hit The Road!

The YP4H signature team walking challenge is back! Teams of ten will work together to "visit" our Big Ten opponents during the challenge which begins October 3 and continues through November 20. You can earn up to 5,000 points for participating in the seven-week campaign. Gather a group of colleagues and pre-register your team today. [Read more](#) or [contact YP4H](#).



## MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

### Walktober - Walk with a Health Coach

Celebrate the kickoff of the [Hit The Road Challenge](#) by participating in a walk with one of our Health Coaches on October 5, 2022. Take a 20-minute break to get fresh air while gaining steps to help your team reach their destination. Health Coaches will be stationed at various locations on campus (Wexner Medical Center, Ohio State East Hospital, Thompson Library and Ackerman Complex). For more information on locations and times, visit [linktohealth.osu.edu](https://linktohealth.osu.edu) (click Physical Activity Program) and search by date or keyword "Walktober".

# 2022 PROGRAMS AND EVENTS FOR NOVEMBER



To register for any of the programs below, visit [linktohealth.osu.edu](https://linktohealth.osu.edu) (search by date or keyword).

## EDUCATIONAL PROGRAMS:

[Innovations in Mental Health: Transcranial Magnetic Stimulation \(webinar\)](#)  
November 3 at 11:30 a.m.

[The Health Benefits Of Laughter Therapy \(webinar\)](#)  
November 8 at 11:00 a.m.

[Exercise for Stress Management \(webinar\)](#)  
November 14 at noon

[Holiday Budgeting Tips for Smart Spending \(webinar\)](#)  
November 15 at 11:30 a.m.

[Buckeyes for Breastfeeding: Starting Out Right \(webinar\)](#)  
November 16 at 11:00 a.m.

[Buckeyes for Breastfeeding: Back to Work \(webinar\)](#)  
November 17 at 6:00 p.m.

## GROUP HEALTH COACHING:

[Exercise as a Tool for Weight Loss \(webinar\)](#)  
November 3, 10, 17 and  
December 1 at 11:30 a.m.

[Foods that Fight Inflammation \(webinar\)](#)  
November 8, 15, 22 and 29  
at 12:30 p.m.



## BUCKEYE BABY PROGRAMS:

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)  
November 8 at noon

[Navigating 1st & 2nd trimester of Pregnancy \(webinar\)](#)  
November 15 at noon

Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.

For additional Parenting & Family webinar topics, visit [linktohealth.osu.edu](https://linktohealth.osu.edu) (search Educational Program).



## The OSU Health Plan (OSUHP) is here to help you improve and maintain a healthy lifestyle!

Check out our comprehensive [Weight Management](#) page for access to a self-guided BMI-Weight Management overview, printable resources to get started, educational videos, and the ability to connect with the OSUHP Wellness Team.

## MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

### Take time to explore the resources available

Stay up-to-date with the latest content, resources and educational videos from the OSU Health Plan. Explore a wide variety of [printable resources](#) such as a list of meditation apps, time finder, [wellness articles](#) or a variety of [educational videos](#).

### Personal Health Coaching

If you have a co-worker that is eligible for Ohio State benefits or a spouse enrolled in the OSU medical plan that would like the support of a health coach, feel free to forward this flyer. They can contact us at [healthcoach.osuhealthplan@osumc.edu](mailto:healthcoach.osuhealthplan@osumc.edu) to schedule a call! To learn more about our team and other programs we lead at Ohio State check out this [online webinar](#).

Call (614) 292-4700, option 0 or email [healthcoach.osuhealthplan@osumc.edu](mailto:healthcoach.osuhealthplan@osumc.edu)  
[www.osuhealthplan.com](https://www.osuhealthplan.com)