

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

2022 PROGRAMS AND EVENTS FOR NOVEMBER



To register for any of the programs below, visit 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 (search Educational Program).

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Take a Relaxation Break at the OSU SMART Lab! (In Person)

Join Health Coach Amanda on November 2, 9, 16 and 30 between 9:00 a.m. and 11:30 a.m. (various times) for 30-minute sampler sessions in The OSU Stress Management and Resiliency Training (S.M.A.R.T.) Lab. Research shows deep breathing can help reduce stress. The biofeedback technology available in the lab will give you real-time feedback about your breathing and heart rhythms through fun computer games, allowing you to improve your practice. You'll learn deep breathing techniques that you can use anywhere, anytime! To register visit linktohealth.osu.edu and search by Class Type: Educational Program, date or keyword "SMART Lab".

Mental Health Awareness Workshop for Staff (Webinar)

Join the Ohio State Employee Assistance Program (EAP) on November 9 at 10:00 a.m. for a wellness workshop focused on increasing understanding of the signs and symptoms to mental health issues and learning approaches to support coworkers. To register [click here](#) or visit linktohealth.osu.edu and search by Class Type: EAP Workshop.

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.

2022 PROGRAMS AND EVENTS FOR DECEMBER



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

EDUCATIONAL PROGRAMS:

[Culture of Wellness in the Workplace \(webinar\)](#)

December 1 at noon

[Take a Relaxation Break at the OSU SMART Lab!](#)

December 7 and 14 (30-minute, in-person sampler sessions). Search keyword "SMART Lab" in Link to Health.

[Whole Person Health: Physical, Behavioral, and Social Health \(webinar\)](#)

December 8 at 11:30 a.m.

[Mindfulness Practices and Techniques \(webinar\)](#)

December 13 at noon

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

December 14 at 11:00 a.m.

[Buckeyes for Breastfeeding: Back to Work \(webinar\)](#)

December 15 at 6:00 p.m.



GROUP HEALTH COACHING:

[Avoid the Winter Weight Gain \(webinar\)](#)

December 5, 7, 12 and 14 at noon

[Mini Breathing Sessions to Relieve Holiday Stress \(webinar\)](#)

December 6, 8, 13 and 15 at noon

BUCKEYE BABY PROGRAMS:

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

December 6 at noon

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

December 13 at noon

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MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Why Should I Strength Train and How Do I Do It?

Did you know that every decade without a consistent strength training routine, you could lose up to 6 to 8 pounds of muscle? This contributing factor can slow down metabolism. Did you also know that strength training could strengthen bones and help to manage chronic conditions? Want to learn more? Join Health Coach Bonnie on December 15 at noon to talk about different types of strength or resistance training and engage in a quick yet effective workout. [Click here](#) to register or visit linktohealth.osu.edu and search by Class Type: Physical Activity Program.

Personal Health Coaching

If you have a co-worker that is eligible for OSU 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 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
www.osuhealthplan.com