

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

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:

[All-Star Parent: Setting Parenting Goals \(webinar\)](#)
December 1 at 11:30 a.m.

[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.

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

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

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.](#)

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.

2023 PROGRAMS AND EVENTS FOR JANUARY



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

EDUCATIONAL PROGRAMS:

[Building Habits and Motivation \(webinar\)](#)

January 3 at noon

[Mom Meditation \(mini webinar series\)](#)

January 6, 13, 20 and 27 at 11:30 a.m.

[#Motivational Monday Prompting Change \(webinar\)](#)

January 9 at 10:00 a.m.

[Finding your Happy Weight \(webinar\)](#)

January 11 at noon

[Workplace Etiquette: Redefining Professionalism \(webinar\)](#)

January 12 at 11:30 a.m.

[The Thrifty Food Plan – Grocery Shopping \(webinar\)](#)

January 24 at noon



GROUP HEALTH COACHING:

[Turning Your Resolutions into Habits \(webinar\)](#)

January 9, 23, 30 and February 6 at 12:30 p.m.

[Weight Loss: Looking Beyond Diet and Exercise \(webinar\)](#)

January 12, 19, 26 and February 2 at noon



BUCKEYE BABY PROGRAMS:

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)

January 10 at 11:00 a.m.

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

January 17 at 11:00 a.m.

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)

January 23 at 6:00 p.m.

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

#Motivational Monday Series

Beginning in January, join EAP counselor Helka Casey, MEd, LPCC-S for a short break as she shares an inspirational theme, quote or mantra to start off the week. Begin your day on a positive note by setting your intentions for the week ahead. Learn how and why setting weekly intentions can inspire you, get you energized and motivate you to tackle your week with grace and purpose. Webinars will be held monthly. For more information or to register, visit linktohealth.osu.edu and search by Class Type Educational Program or keyword “Motivational Monday”.

Mental Health Awareness Workshop for Staff (Webinar)

Join the Ohio State Employee Assistance Program (EAP) on January 18 at 1:00 p.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.

Call (614) 292-4700, option 0 or email healthcoach.osuhealthplan@osumc.edu
www.osuhealthplan.com