

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

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

Starting in January, join Ohio State 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. To learn more or register, visit linktohealth.osu.edu and search by Class Type “Educational Program”.

Mental Health Awareness Workshop – Staff (Webinar)

Join the Ohio State 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”.

2023

PROGRAMS AND EVENTS FOR FEBRUARY



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

EDUCATIONAL PROGRAMS:

[Reflect and Relax Sessions \(webinars\)](#)
[February 1](#) and [February 15](#)
at 10:00 a.m.

[Float Your Stress Away! \(webinar\)](#)
February 2 at noon

[#Motivational Monday: Gratitude \(webinar\)](#)
February 6 at 10:00 a.m.

[Mindfully Living In The Present Moment \(webinar\)](#)
February 9 at 11:30 a.m.

[Breathe Better, Feel Less Stress! \(webinar\)](#)
February 15 at noon

[The Thrifty Food Plan – Meal Creation \(webinar\)](#)
February 16 at noon

[Heart Healthy Eating \(webinar\)](#)
February 21 at 11:30 a.m.



GROUP HEALTH COACHING:

[Building Habits: Generating Motivation for Success \(webinar\)](#)
February 9, 16, 23 and
March 2 at noon

[Essential Steps for Lifelong Heart Health \(webinar\)](#)
February 14, 21, 28 and
March 7 at noon

BUCKEYE BABY PROGRAMS:

[Navigating 3rd trimester and post-partum \(webinar\)](#)
February 7 at 11:00 a.m.

[Lactation Benefits \(webinar\)](#)
February 14 at 11:00 a.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).

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

Explore 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

Reflect and Relax Sessions

Join [OSU Health Coach](#) Amanda, for relaxation sessions designed to help you start your day with intention and focus. During each 30-minute session, we will practice a relaxation or mindfulness exercise that can help manage stress, learn about its benefits and ways to use it in your day-to-day activities and discuss your questions, challenges, and goals related to stress management. To register, visit linktohealth.osu.edu and search by class type "Educational Program".

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 who 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