

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

## 2023 PROGRAMS AND EVENTS FOR FEBRUARY



To register for any of the programs below, visit [linktohealth.osu.edu](https://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.

Use Movement to “Find Your Flow” (webinar)  
February 1 at noon

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](https://linktohealth.osu.edu) (search Educational Program).



### MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

#### Find Your Flow

The first Your Plan for Health (YP4H) challenge of the new year will pair walking with creativity and explore how physical activity can spur imagination and innovation.

Whatever your creative outlet, set aside time February 6-26 to finish a project you've been working on, start a new one, or find a new hobby that brings you joy. Teams of five can earn up to 2,500 points during the challenge. Pre-registration opens on January 30. [Read more here](#) or [contact Your Plan for Health](#).



#### Use Movement to “Find Your Flow” Webinar

Join OSU Health Plan Health Coaches Bonnie and Amanda on February 1 at noon to get started for the first YP4H challenge, Find Your Flow, to explore how physical activity can spur imagination and innovation. In this webinar, you'll learn how movement can increase mental well-being and energy, get tips to be active through daily movement and intentional exercise and brainstorm creative ideas to overcome challenges. To register, visit [linktohealth.osu.edu](https://linktohealth.osu.edu) or [click here](#).

# 2023 PROGRAMS AND EVENTS FOR MARCH



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

## EDUCATIONAL PROGRAMS:

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

[#Motivational Monday Self-Acceptance \(webinar\)](#)  
March 6 at 10:00 a.m.

[Pumping Essentials 101 \(webinar\)](#)  
March 7 at 11:30 a.m.

[Getting Started with Physical Activity \(webinar\)](#)  
March 8 at 12:30 p.m.

[Wellness: Reviewing the Holistic Approach \(webinar\)](#)  
March 9 at noon

[After the Honeymoon: Conflict, a Pathway to Strengthen Your Relationship \(webinar\)](#)  
March 21 at 11:30 a.m.

[Berry Bonanza \(webinar\)](#)  
March 22 at noon

[Body Image and Self Esteem: The War of the Ages \(webinar\)](#)  
March 28 at 11:30 a.m.

## GROUP HEALTH COACHING:

[Making Time for Me \(webinar\)](#)  
March 22 and 29; April 5 and 12 at noon

[Essential Nutrients from Head to Toe \(webinar\)](#)  
March 24 and 31; April 7 and 14 at 12:30 p.m.



## BUCKEYE BABY PROGRAMS:

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)  
March 7 at 11:00 a.m.

[Navigating 1st & 2nd trimester of Pregnancy \(webinar\)](#)  
March 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](https://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 help guide you and a variety of [educational videos](#) available to support your weight management goals. Search by topic on the Classes and Events page for videos related to healthy eating, active living, weight management, and more!

## MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

### Mental Health Awareness Workshop for Managers

Join the Ohio State University Employee Assistance Program (EAP) on March 14 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. [Click here](#) to register or visit [linktohealth.osu.edu](https://linktohealth.osu.edu) and search by Class Type EAP Workshop.

### Personal Health Coaching

If you have a co-worker that is eligible for Ohio State benefits or a spouse enrolled in the Ohio State 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](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)