

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

2023 PROGRAMS AND EVENTS FOR APRIL



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

EDUCATIONAL PROGRAMS:

[#Motivational Monday: Celebrate Yourself \(webinar\)](#)
April 3 at 10:00 a.m.

[Self-Permission \(webinar\)](#)
April 6 at 11:30 a.m.

[Quick Guide for Lasting Weight Loss \(webinar\)](#)
April 6 at noon

[Healthy Exercise and Movement: Embracing Body Positivity This Summer \(webinar\)](#)
April 11 at noon

[Improving Your Posture \(webinar\)](#)
April 13 at noon

[Gardening With Kids \(webinar\)](#)
April 18 at noon

[Reflect and Relax Session \(webinar\)](#)
April 19 at 10:00 a.m.

[Herb Gardening 2.0 \(webinar\)](#)
April 25 at noon

GROUP HEALTH COACHING:

[Getting the Most Out of Your Running Routine \(webinar\)](#)
April 10, 17, 24 and
May 1 at 12:30 p.m.

[Is Sugar Affecting Your Health? \(webinar\)](#)
April 13, 20, 27 and May 4
at 12:30 p.m.



BUCKEYE BABY PROGRAMS:

[Navigating 3rd Trimester and Post-Partum \(webinar\)](#)
April 4 at 11:00 a.m.

[Lactation Benefits \(webinar\)](#)
April 11 at 11:00 a.m.

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)
April 19 at 6:00 p.m.

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

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Travel Thru Time With YP4H

The next Your Plan for Health team walking challenge will have you powering up a DeLorean with 1.21 gigawatts to travel through history! The university will be working together to virtually explore the evolution of Travel & Transportation, Social Milestones, Sports, Culture & The Arts, and Communications. Teams of eight can earn up to 5,000 points during the challenge which runs from April 3 – May 14. Pre-registration opens on March 27. [Contact](#) Your Plan for Health.



Be Proactive in Managing Your Health

A biometric health screening can help identify risk factors that can help improve your overall health. That's even more reason to schedule your complimentary Biometric Health Screening and complete your Personal Health & Well-Being Assessment (PHA). There's no need to wait a year from your last screening, so schedule early for more dates, times and locations to choose from. Additional appointments will be added each week at various locations across campus. [Schedule today.](#)

2023 PROGRAMS AND EVENTS FOR MAY



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

EDUCATIONAL PROGRAMS:

[#Motivational Monday: You Got This! \(webinar\)](#)

May 1 at 10:00 a.m.

[Sun Safety \(webinar\)](#)

May 2 at noon

[Reflect and Relax Sessions \(webinars\)](#)

[May 3](#), [May 17](#) and [May 31](#) at 10:00 a.m.

[Adult Caregiving \(webinar\)](#)

May 4 at 11:30 a.m.

[Boob to Bottle: How to Get a Breast Fed Baby to Take a Bottle \(webinar\)](#)

May 9 at 11:30 a.m.

[Companion Planting \(webinar\)](#)

May 10 at noon

[Quality Preschool Experience for Your Family \(webinar\)](#)

May 16 at 11:30 a.m.

[Tracking: A Tool to Maintain Motivation \(webinar\)](#)

May 23 at 12:30 p.m.

[Water Safety \(webinar\)](#)

May 31 at noon

GROUP HEALTH COACHING:

[Realistic Weight Loss Planning \(in-person\)](#)

May 4, 11, 18 and 25 at noon

[Spring Mindset Reset \(webinar\)](#)

May 10, 17, 24 and 31 at noon



BUCKEYE BABY PROGRAMS:

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

May 2 at 11:00 a.m.

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

May 9 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).

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Walking Through Time

Bring your co-workers or "Travel Through Time With YP4H" Step Challenge Team and meet the OSU Health Coaches on May 3 between 11:30 a.m. and 1:00 p.m. at various stations along the Buckeye Path To Wellness. This is a great opportunity to get in some steps during the workday. To register, [click here](#). For more information on the Buckeye Path To Wellness, [click here](#).

Walk with a Health Coach

Join [OSU Health Coach](#) Bonnie on May 10, 17, 24 and 31 from 12:30 p.m. to 1:00 p.m. for an active mid-day break to get some fresh air and extra steps. Meet between the 660 and 700 Ackerman buildings at the basketball courts. To register, visit linktohealth.osu.edu and search by date or class type "Physical Activity Program".

Take Time to Explore the Resources Available

Stay up-to-date with the latest content, resources and educational videos from the OSU Health Plan. Discover [printable resources](#) such as a list of meditation apps, time finder, [wellness articles](#) and a variety of newly added archived content on our [Classes and Events page](#).

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