

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

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/Chest 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

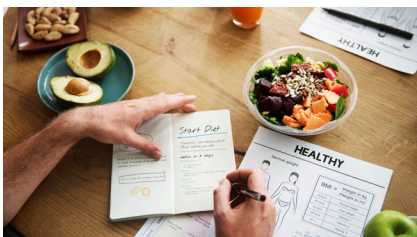
GROUP HEALTH COACHING:

[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

It's Not Too Late To Travel Thru Time With YP4H!

The Your Plan for Health [team walking challenge](#) started on April 3, but it is not too late to join. You can earn up to 5,000 points and there are weekly opportunities to win \$25 PulseCash through participation in fun engagement activities. [Log into the portal](#) today to find an open team or create your own. Contact yp4h@osu.edu with any questions and get ready to hit the ro...Roads? Where we're going, we don't need roads!



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. You can get approximately 4,000 steps if you complete the two miles! To register, [click here](#). For more information on the Buckeye Path To Wellness, [visit this webpage](#).

2023 PROGRAMS AND EVENTS FOR JUNE



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

EDUCATIONAL PROGRAMS:

[#Motivational Monday: Be in the Moment this Summer \(webinar\)](#)
June 5 at 10:00 a.m.

[Hydration and Heat Safety \(webinar\)](#)
June 6 at noon

[Getting Through Grief \(webinar\)](#)
June 8 at 11:30 a.m.

[Initiating Breastfeeding/ Chestfeeding in the Hospital and Beyond \(webinar\)](#)
June 13 at noon

[Grilling and Food Safety \(webinar\)](#)
June 20 at noon

[Dads Make a Difference \(webinar\)](#)
June 27 at 11:30 a.m.



GROUP HEALTH COACHING:

[Welcome to Weight Lifting \(webinar\)](#)
June 7, 14, 21 and 28 at noon

[Walk with Ease Walking Program \(In-Person\)](#)
June 7, 14, 21 and 28; July 12 and 19 at 3:30 p.m.

[Walk with Ease Walking Program \(Virtual\)](#)
June 9, 16, 23 and 30; July 14 and 21 at noon

BUCKEYE BABY PROGRAMS:

[Navigating 3rd Trimester and Post-Partum \(webinar\)](#)
June 13 at 11:00 a.m.

[Lactation Benefits \(webinar\)](#)
June 20 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

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 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](#).

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](#).

The Ohio State University Health Plan 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.

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