

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

## 2023 PROGRAMS AND EVENTS FOR JUNE



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



### MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

#### Take a Relaxation Break at the OSU SMART Lab

Join Health Coach Amanda in person on June 7, 21 and 28 between 9:30 a.m. and noon (various times) for 30-minute sampler sessions in the Ohio State Stress Management and Resiliency Training (S.M.A.R.T.) Lab. Research shows deep breathing can help reduce stress. The biofeedback technology available in the lab will give you real-time feedback about your breathing and heart rhythms through fun computer games, allowing you to improve your practice. You'll learn deep breathing techniques that you can use anywhere, anytime! To register, visit [linktohealth.osu.edu](https://linktohealth.osu.edu) and search by Class Type Educational Program, date or keyword "SMART Lab".

#### Personal Health Coaching

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

**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 JULY



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

## EDUCATIONAL PROGRAMS:

[#Motivational Monday: Growing Pains \(webinar\)](#)

July 24 at 10:00 a.m.

[Sleep Healthy \(webinar\)](#)

July 12 at noon

[Empower Yourself NOW! \(webinar\)](#)

July 25 at 11:30 a.m.



## GROUP HEALTH COACHING:

[Summer Goal Digging \(webinar\)](#)

July 11 and 25; August 1 and 8 at 11:30 a.m.

[Spice Up Your Health \(webinar\)](#)

July 13, 20 and 27; August 3 at 11:00 a.m.

[Midlife Wellness for Women \(webinar\)](#)

July 19 and 26; August 2 and 9 at 12:30 p.m.

## BUCKEYE BABY PROGRAMS:

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

July 18 at 11:00 a.m.

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

July 25 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

### Standing Abs

Join [OSU Health Coaches](#) Adam and Alison on July 12 at 11:30 a.m. for a physical activity program about standing abdominal exercises. This workout will be suitable for most people. During this 20-minute session, we will put together an entire abdominal workout you can do standing up. Be ready to do the activity while you watch online. To register click [here](#) or visit [linktohealth.osu.edu](https://linktohealth.osu.edu) and search by Class Type "Physical Activity Program".

### 15-minute Upper Body Muscle Tension Stretch

Take 15 minutes out of your day on July 28 at noon to perform some gentle upper body stretches with Health Coach Alison. You will learn some exercises that you can continue to do on your own whenever you need them again. To register click [here](#) or visit [linktohealth.osu.edu](https://linktohealth.osu.edu) and search by Class Type "Physical Activity Program".

### Take a Relaxation Break at the OSU SMART Lab

Join Health Coach Amanda in person on July 5, 19 and 26 between 9:30 a.m. and noon (various times) for 30-minute sampler sessions in the Ohio State Stress Management and Resiliency Training (S.M.A.R.T.) Lab. Research shows deep breathing can help reduce stress. The biofeedback technology available in the lab will give you real-time feedback about your breathing and heart rhythms through fun computer games, allowing you to improve your practice. You'll learn deep breathing techniques that you can use anywhere, anytime! To register, visit [linktohealth.osu.edu](https://linktohealth.osu.edu) and search by Class Type Educational Program, date or keyword "SMART Lab".

Call (614) 292-4700, option 0 or email [healthcoach.osuhealthplan@osumc.edu](mailto:healthcoach.osuhealthplan@osumc.edu)  
[www.osuhealthplan.com](https://www.osuhealthplan.com)