

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

2023 PROGRAMS AND EVENTS FOR JULY



To register for any of the programs below, visit 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 (search Educational Program).

Summer Social Team Challenge

The next [Your Plan for Health step challenge](#) will focus on favorite summertime activities like festivals, farmers markets, and frolicking with friends and family. Plan to get social and track steps as you stroll through summer from July 3-30. Teams of five can earn up to 2,500 points during the challenge. Gather a group of colleagues so that you are ready when pre-registration starts on June 26. Contact yp4h@osu.edu with any questions.



MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Standing Abs

Join OSU Health Plan 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. [Click here](#) register or visit linktohealth.osu.edu and search by Class Type "Physical Activity Program". Unable to participate in July? This program will also be offered on August 16 at 11:30 a.m. [Register here](#).

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. Learn exercises you can continue to do on your own whenever you need them again. [Click here](#) to register or visit linktohealth.osu.edu and search by Class Type "Physical Activity Program".

2023 PROGRAMS AND EVENTS FOR AUGUST



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

EDUCATIONAL PROGRAMS:

[How Nature Improves Your Health \(webinar\)](#)

August 1 at 11:30 a.m.

[What is Mindful Movement \(webinar\)](#)

August 2 at 11:30 a.m.

[#Motivational Monday: Embrace Your Weird \(webinar\)](#)

August 7 at 10:00 a.m.

[Beyond Fear \(webinar\)](#)

August 8 at 11:30 a.m.

[Fall Vegetable Production: From Planting to Harvest \(webinar\)](#)

August 9 at noon

[Mom Meditation \(webinar\)](#)

August 15 at 11:30 a.m.



GROUP HEALTH COACHING:

[Starting a Running/Walking Program \(webinar\)](#)

August 7, 14, 21 and 28 at noon

[Experience Wellness: A Mindful Practice Group \(webinar\)](#)

August 16, 23, 30 and September 6 at 12:30 p.m.

[Build Your Own Exercise Routine](#)

August 18 and 25; September 1 and 8 at noon

BUCKEYE BABY PROGRAMS:

[Navigating 3rd Trimester and Post-Partum \(webinar\)](#)

August 8 at 11:00 a.m.

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

August 15 at 11:00 a.m.

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

August 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

Take a Relaxation Break at the OSU SMART Lab

Join Health Coach Amanda in-person on August 2 and 16 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 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 OSU Health 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