

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

## 2023 PROGRAMS AND EVENTS FOR SEPTEMBER



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: Pro...Procrastination! \(webinar\)](#)

September 11 at 10:00 a.m.

[Check In With Yourself \(webinar\)](#)

September 12 at 11:30 a.m.

[Pumping Essentials 101 \(webinar\)](#)

September 19 at 11:30 a.m.

[Home Safe Home: Preschooler-Proofing Your Home \(webinar\)](#)

September 26 at 11:30 a.m.

### GROUP HEALTH COACHING:

[Living Well with Diabetes \(webinar\)](#)

September 7, 14, 21 and 28 at 11:00 a.m.

[Sleep Well for Wellness \(webinar\)](#)

September 13, 20, and 27; October 4 at 12:30 p.m.



### BUCKEYE BABY PROGRAMS:

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

September 19 at 11:00 a.m.

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

September 26 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 Lap And Get Ready To Hit The Road

Ohio State football season kicks off on September 2 and that means our signature fall team walking challenge – [Hit The Road With The Buckeyes](#) – is just around the corner. As a warm-up for this campaign, plan to complete your own personal Take A Lap kick-off walk of any distance or duration between August 28 and October 1 with one of your potential challenge teammates. To really get in the Buckeye spirit, don your favorite Ohio State gear and [submit a selfie while on the walk](#) for your chance to win \$25 PulseCash. You must also sign up to participate in the Hit The Road challenge during pre-registration week (October 2 - 8) to be eligible for the drawing.

### Scarlet and Gray Shuffle

Bring your co-workers or challenge teammates and meet the OSU Health Plan Health Coaches on September 27 anytime starting at 11:00 a.m. and ending at 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](#).

### Resistance Training Circuit

Join OSU Health Plan Health Coaches Adam and Bonnie on September 6 at 11:30 a.m. for a physical activity program that uses our body weight for resistance. No equipment needed! During this 30-minutes session, we will put together a series of exercises that you can incorporate into your routine. To register, [click here](#).



# 2023 PROGRAMS AND EVENTS FOR OCTOBER



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

## EDUCATIONAL PROGRAMS:

[Fake News? Identifying and Preventing the Spread of Misinformation \(webinar\)](#)  
October 3 at 11:30 a.m.

[#Motivational Monday: WAKE UP! \(webinar\)](#)  
October 9 at 10:00 a.m.

[Our Family: Who Are We? \(webinar\)](#)  
October 10 at 11:30 a.m.

[Tobacco Cessation \(webinar\)](#)  
October 13 at noon

[Work/Life Balance \(webinar\)](#)  
October 24 at 11:30 a.m.

[Laughter Yoga \(webinar\)](#)  
October 31 at noon

## GROUP HEALTH COACHING:

[Fall into Wellness \(webinar\)](#)  
October 9, 16, 23 and 30 at noon

[Breaking Barriers to Physical Activity \(webinar\)](#)  
October 11, 18, 25 and November 1 at noon

[Welcome to Weight Lifting \(webinar\)](#)  
October 17, 24, 31 and November 7 at 11:30 a.m.



## BUCKEYE BABY PROGRAMS:

[Navigating OSU Health Plan Benefits and Resources \(webinar\)](#)  
October 11 at 6:00 p.m.

[Navigating 3rd Trimester and Postpartum](#)  
October 17 at 11:00 a.m.

[Lactation Benefits \(webinar\)](#)  
October 24 at 11:00 a.m.

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For additional Parenting & Family webinar topics, visit [linktohealth.osu.edu](https://linktohealth.osu.edu) (search Educational Program).

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

## MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

### Be Proactive in Managing Your Health

If you haven't already, set aside time this fall to complete your 2023 [Verified Biometric Screening](#) and [Personal Health and Well-being Assessment \(PHA\)](#). You can complete an [on-campus screening](#) to automatically receive credit for the verified biometric screening or you can have values submitted by your medical provider. Please have your provider complete the [Provider Form](#) and submit to the OSU Health Plan to verify that you have completed a biometric screening in 2023.

For OSU Health Plan enrolled members, your plan covers a screening each calendar year so you do not have to wait 365 days to schedule your appointment. For Ohio State benefits-eligible employees, one on campus screening is available throughout the year. [Click here](#) to schedule now to avoid the end of the year rush!

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