

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

2023 PROGRAMS AND EVENTS FOR OCTOBER



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

EDUCATIONAL PROGRAMS:

[Fake News? Identifying and Preventing the Spread of Health 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.

[Dumbbell Circuit \(physical activity program webinar\)](#)

October 11 at 11:30 a.m.

[Tobacco Cessation \(webinar\)](#)

October 13 at noon

[Work/Life Balance \(webinar\)](#)

October 24 at 11:30 a.m.

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.

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

Complete Your Take A Lap Walk Before October 2

Don't forget to complete your own personal Take A Lap kick-off walk of any distance or duration before [Hit The Road With The Buckeyes](#) pre-registration begins on October 2. A total of eight participants will win \$25 PulseCash for [submitting their walk details and photo](#). Now is also a good time to start organizing teams of ten for the challenge which will run October 9 through November 26. [Read more](#) or [contact YP4H](#).

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!

REMINDER

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.

2023 PROGRAMS AND EVENTS FOR NOVEMBER



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

EDUCATIONAL PROGRAMS:

[Strengthening Your Immune System \(webinar\)](#)

November 1 at 11:00 a.m.

[Fostering Your Child's Friendships \(webinar\)](#)

November 2 at 11:30 a.m.

[#Motivational Monday: I Don't Wanna \(webinar\)](#)

November 6 at 10:00 a.m.

[Redefining Professionalism: Multigenerational Workspaces \(webinar\)](#)

November 7 at 11:30 a.m.

[Upper Body Burn \(physical activity program webinar\)](#)

November 8 at 11:30 a.m.

[The Gift of Gratitude \(webinar\)](#)

November 9 at noon

[How to Get a Breast/Chest-fed Baby to Take a Bottle \(webinar\)](#)

November 14 at 11:30 a.m.



GROUP HEALTH COACHING:

[Keys to a Healthy Holiday Season \(webinar\)](#)

November 3 and 17 and December 1 and 8 at noon

[Foods that Fight Inflammation \(webinar\)](#)

November 6, 13, 20 and 27 at 12:30 p.m.

[Becoming a Meal Prep Pro \(webinar\)](#)

November 8, 15, 22 and 29 at 12:30 p.m.

BUCKEYE BABY PROGRAMS:

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

November 7 at 11:00 a.m.

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

November 14 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

Biofeedback for Stress Management and Resiliency Training (SMART Lab)

Join Health Coach Amanda in person on October 4 and 11 and November 8, 15 and 29 between 9:10 a.m. and 11:40 a.m. (various times) for 30-minute sampler sessions in the Ohio State Stress Management and Resiliency Training (S.M.A.R.T.) Lab. 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".

How to Win the Holidays

The holidays can be a particularly tricky time of year. Join WeightWatchers (WW) Head of Behavior Change, Dr. Allison Grupski on November 9 at 1:00 p.m. for a conversation about how to navigate the ins and outs of the holiday season. To register [click here](#).

Personal Health Coaching

If you have a co-worker that is eligible for Ohio State benefits or a spouse enrolled in the Ohio State medical 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