

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

## 2023 PROGRAMS AND EVENTS FOR NOVEMBER



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

### MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

#### It's Not Too Late To Hit The Road!

The Your Plan for Health [signature team walking challenge](#) has started, but it is not too late to join and earn up to 5,000 points. There will be weekly engagement opportunities to win \$25 PulseCash and teams that unlock all destinations will have the chance to win \$50 PulseCash for each member. [Log into the portal](#) to find an open team. Contact [yp4h@osu.edu](mailto:yp4h@osu.edu) with any questions.



#### Biofeedback for Stress Management and Resiliency Training (SMART Lab)

Join Health Coach Amanda in person on 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](https://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. [Register here.](#)

# 2023 PROGRAMS AND EVENTS FOR DECEMBER



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: Get in to the NOW \(webinar\)](#)  
December 4 at 10:00 a.m.

[Mindfulness at Work \(webinar\)](#)  
December 12 at 11:30 a.m.

[Working out with Kettlebells \(physical activity program webinar\)](#)  
December 13 at 11:30 a.m.

[Staying Active this Winter](#)  
December 18 at noon

## GROUP HEALTH COACHING:

[Mini Breathing Sessions to Relieve Holiday Stress \(webinar\)](#)  
December 6, 8, 13 and 15 at 11:00 a.m.

[Eating to Support Your Exercise Routine \(webinar\)](#)  
December 12, 14, 19 and 21 at 11:30 a.m.



## BUCKEYE BABY PROGRAMS:

[Navigating 3rd Trimester and Postpartum](#)  
December 5 at 11:00 a.m.

[Lactation Benefits \(webinar\)](#)  
December 12 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).



## 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.

## MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

### Biofeedback for Stress Management and Resiliency Training (SMART Lab)

Join Health Coach Amanda in-person on December 6, 13 and 20 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](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 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](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](#).

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