

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

## 2024 PROGRAMS AND EVENTS FOR JANUARY



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

### EDUCATIONAL PROGRAMS:

[Why Try Dry January: The Impact of Alcohol on Your Health \(webinar\)](#)

January 3 at noon

[How to Talk to Your Doctor \(webinar\)](#)

January 9 at noon

[After the Honeymoon: Conflict, a Pathway to Strengthen Your Relationship \(webinar\)](#)

January 11 at 11:30 a.m.

[Change Behavior, Change Your Life \(webinar\)](#)

January 16 at noon

[Increasing Your Fruit and Vegetable Intake \(webinar\)](#)

January 18 at noon

[Wellness: Reviewing the Holistic Approach \(webinar\)](#)

January 22 at noon

[Home Hydroponics: Grow Veggies and Herbs 24/7/365 \(webinar\)](#)

January 23 at noon

[Deskercise \(webinar\)](#)

January 24 at noon

[#MonthlyMotivation: Wake Up and Notice What is Going Well! \(webinar\)](#)

January 25 at 10:00 a.m.

### GROUP HEALTH COACHING:

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

January 9, 16, 23 and 30 at 11:00 a.m.

[Rethink Your Drink \(webinar\)](#)

January 10, 17, 24 and 31 at noon



### BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)

January 9 at 11:00 a.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)

January 23 at 11:00 a.m.

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)

January 29 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](https://linktohealth.osu.edu) (search Educational Program).

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, [wellness articles](#) and a variety of newly added archived content on our [Classes and Events](#) page.

### MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

#### 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](#).

If you have a disability and experience difficulty accessing this content, contact the Health Plan at [OSUHPDigitalAccessibility@osumc.edu](mailto:OSUHPDigitalAccessibility@osumc.edu).

# 2024 PROGRAMS AND EVENTS FOR FEBRUARY



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

## EDUCATIONAL PROGRAMS:

[Hidden Risks of Food Dyes in our Food \(webinar\)](#)  
February 1 at noon

[Heart-Healthy Living \(webinar\)](#)  
February 6 at noon

[#MonthlyMotivation: Beyond Fear \(webinar\)](#)  
February 8 at 10:00 a.m.

[The Benefits of Exercise and Ambulatory Wellness Offerings for OSU Health Plan \(webinar\)](#)  
February 13 at noon

[Eating for Heart Health \(webinar\)](#)  
February 20 at noon

[Meditation for Parents \(webinar\)](#)  
February 27 at noon

[Momentum: The secret to maintaining your healthy habits \(webinar via WeightWatchers\)](#)  
February 29 at 1:00 p.m.

## GROUP HEALTH COACHING:

[Exploring Habits of Maintaining Long Term Weight Loss \(webinar\)](#)  
February 7, 14, 21 and 28 at noon

[Essential Steps for Lifelong Heart Health \(webinar\)](#)  
February 8, 15, 22 and 29 at noon



## BUCKEYE BABY PROGRAMS:

[Lactation Benefits and Resources \(webinar\)](#)  
February 13 at 11:00 a.m.

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)  
February 27 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

## MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

### Mental Health Awareness Workshops

Join the Ohio State Employee Assistance Program (EAP) for interactive wellness workshops focused on increasing understanding of the signs and symptoms to mental health. Participant discussion and collaboration is encouraged. Join [Mental Health Awareness Workshop for Managers](#) on February 8th at 1:00 p.m. and [Mental Health Awareness Workshop for Staff](#) on February 20th at 10:00 a.m. To learn more, visit [linktohealth.osu.edu](https://linktohealth.osu.edu) and search by Class Type "EAP Workshop".

### Lower Body Tone

Join OSU Health Plan Health Coaches Michael and Bonnie on February 21st at 11:00 a.m. for a lower body strength training routine. This workout will be suitable for most people. During this 20 to 30-minute session, we will help you create a resistance routine to help improve your lower body strength that can make everyday activities easier. To register, click [here](#) or visit [linktohealth.osu.edu](https://linktohealth.osu.edu) and search by Class Type "Physical Activity Program".

If you have a disability and experience difficulty accessing this content, contact the Health Plan at [OSUHPDigitalAccessibility@osumc.edu](mailto:OSUHPDigitalAccessibility@osumc.edu).

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