

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

## 2024 PROGRAMS AND EVENTS FOR MARCH



To register for any of the programs below, visit [Link to Health](#) (search by date or keyword).

### EDUCATIONAL PROGRAMS:

[#MonthlyMotivation: Just One Thing \(webinar\)](#)  
March 4 at 10:00 a.m.

[Carry Naloxone. Save a Life! \(webinar\)](#)  
March 6 at noon

[Mindfulness and Meditation \(webinar\)](#)  
March 7 at noon

[Upper Body Band Workout \(Physical Activity Program Webinar\)](#)  
March 13 at 12:30 p.m.

[Winter/Spring Serotonin Boosters \(webinar\)](#)  
March 21 at 11:30 a.m.

[Backyard Poultry 101 \(webinar\)](#)  
March 26 at noon

[Pumping Essentials 101 \(webinar\)](#)  
March 27 at noon



### GROUP HEALTH COACHING:

[Spring Mindset Reset \(webinar\)](#)  
March 7, 14, 21 and 28 at noon

[Making Progress with Purpose \(webinar\)](#)  
March 19 and 26 at noon; April 2 and 9 at noon



### BUCKEYE BABY PROGRAMS:

[What to Expect: Pregnancy and Beyond \(webinar\)](#)  
March 5 at 11:00 a.m.

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)  
March 12 at 11:00 a.m.

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)  
March 18 at 5:00 p.m.

Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.

For additional Parenting & Family webinar topics, visit [Link to Health](#) (search Educational Program).

### MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

**March Mindfulness Challenge**  
Your Plan for Health invites you to participate in this individual challenge where you will set a daily mindful minutes goal and focus on being present in the moment. This is the perfect opportunity to explore the [enhanced RethinkCare programming](#) that added 500 new sessions this year! Earn up to 2,500 points for participating in the challenge which runs March 1-31. Pre-registration begins on February 21. [Read more](#) or [email YP4H](#).



### Biofeedback for Stress Management and Resiliency Training

Join Health Coach Amanda in person on March 27th 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. You'll learn deep breathing techniques that you can use anywhere, anytime! To register, visit [Link to Health](#) and search by Class Type Educational Program, date or keyword "SMART Lab".

# 2024 PROGRAMS AND EVENTS FOR APRIL



To register for any of the programs below, visit [Link to Health](#) (search by date or keyword).

## EDUCATIONAL PROGRAMS:

[#MonthlyMotivation Connect with your purpose! \(webinar\)](#)

April 2 at 10:00 a.m.

[Navigating Low Carb Nutrition \(webinar\)](#)

April 9 at noon

[Growth Mindset \(webinar\)](#)

April 16 at 11:30 a.m.

[The Truth About Step Counts \(webinar\)](#)

April 16 at 11:30 a.m.

[Understanding and Overcoming Bias in the Workplace \(webinar\)](#)

April 30 at noon



## GROUP HEALTH COACHING:

[Women Working Out with Weights \(webinar\)](#)

April 3, 10, 17 and 24 at 12:30 p.m.

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

April 11, 18, 25 and May 2 at 11:30 a.m.



## BUCKEYE BABY PROGRAMS:

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

April 9 at 11:00 a.m.

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

April 16 at 6:00 p.m.

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

April 23 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 [Link to Health](#) (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 (S.M.A.R.T. Lab)

Join Health Coach Amanda in person on April 17th 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. You'll learn deep breathing techniques that you can use anywhere, anytime! To register, visit [Link to Health](#) and search by Class Type Educational Program, date or keyword "SMART Lab".

### Body Weight Workout

Join OSU Health Plan Health Coaches Adam and Michael on April 17th at 11:30 a.m. for a physical activity program about working out with no equipment. During this 20-minute session, we will put together an entire workout using only your body weight. To register visit [Link to Health](#) and search by Class Type "Physical Activity Program".

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