

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

2024 PROGRAMS AND EVENTS FOR MAY



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

EDUCATIONAL PROGRAMS:

[S.M.A.R.T. Lab \(In-person\)](#)
May 1 and 22 at various times

[Stretching and Recovery Session \(Physical Activity Program webinar\)](#)
May 1 at noon

[Keep Yourself and Your Family Tick Safe in 2024 \(webinar\)](#)
May 7 at noon

[Is Health Coaching for Me? \(webinar\)](#)
May 8 at 12:30 p.m.

[How to Take Mental and Emotional Breaks in Your Day \(webinar\)](#)
May 14 at 11:30 a.m.

[Chair Yoga \(Physical Activity Program webinar\)](#)
May 17 at 12:30 p.m.

[Sleep and Nutrition \(webinar\)](#)
May 21 at noon

[#MonthlyMotivation: Critique Over Criticism \(webinar\)](#)
May 28 at 10:00 a.m.

GROUP HEALTH COACHING:

[Strategies for a Healthier Gut \(webinar\)](#)
May 2, 9, 16 and 23 at 11:30 a.m.

[Making Time for Me \(webinar\)](#)
May 7, 14, 21 and 28 at 12:30 p.m.



BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
May 7 at 11:00 a.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)
May 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 [Link to Health](#) (search Educational Program).

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Take A Walk With An American Hero

Please join Your Plan for Health (YP4H) in collaboration with the John Glenn College of Public Affairs for our next team challenge. The university will be working together to virtually walk in the historic footsteps of John Glenn, whose life bridged a span of breathtaking technological and scientific advancement, and he was at the center of many of them! Teams of ten can earn up to 5,000 points during the challenge which runs May 6 through June 9. Pre-registration opens on April 29. [Read more](#) or [contact](#) Your Plan for Health.



Orbit The Oval

Bring your co-workers or Your Plan for Health step challenge team and meet the OSU Health Plan Health Coaches on May 15th beginning at 11:30 a.m. and ending at 1:00 p.m. at the Oval near the William Oxley Thompson statue. Participants will receive a space pass and are encouraged to walk three laps. This is a great opportunity to get in some steps during the workday! This event is open to all fitness levels and can be performed at your own pace. To register, visit linktohealth.osu.edu and search by Class Type Physical Activity Program. Reach out to Healthcoach.Osuhealthplan@osumc.edu if you have questions.

2024 PROGRAMS AND EVENTS FOR JUNE



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

EDUCATIONAL PROGRAMS:

[Chair Yoga \(webinar\)](#)

June 18 at noon

[#MonthlyMotivation: Be Kind to YOU \(webinar\)](#)

June 25 at 10:00 a.m.

[S.M.A.R.T. Lab \(In-person\)](#)

June 26 from 9:30 a.m. to noon (various times)



GROUP HEALTH COACHING:

[Beyond the Sweet Taste: Unraveling Sugar's Influence on Overall Wellness \(webinar\)](#)

June 6, 13, 20 and 27 at 11:30 a.m.

[Get Moving for Mental Well-Being \(webinar\)](#)

June 14 and 28 and July 12 and 26 at 11:00 a.m.



BUCKEYE BABY PROGRAMS:

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

June 4 at 11:00 a.m.

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

June 11 at 11:00 a.m.

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

June 24 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

Low Impact Chair Workout

Join [OSU Health Plan Health Coaches](#) Alison and Michael on June 5 at 11:30 a.m. for a virtual workout that challenges you while also being easy on your muscles and joints. During this 30-minute session, we will perform low impact exercises that you can do in a chair wherever you are located. To register, visit linktohealth.osu.edu and search by Class Type Physical Activity 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.

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 that 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