

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

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

It's Not Too Late To Take A Walk With An American Hero!

The Your Plan for Health [team walking challenge](#) started on May 6, but it's not too late to join. While walking together as a university, we'll learn about John Glenn's historic life: from his time as a combat pilot, to his adventures as an astronaut, to his service as a senator, and finally his gracious support of Ohio State! There are weekly engagement opportunities to win \$25 PulseCash throughout the five-week challenge. [Log into the portal](#) today to find an open team or create your own. Contact yp4h@osu.edu with any questions.

Bring your team to the [Orbit the Oval walk](#) on May 15 from 11:30 a.m. to 1:00 p.m. to get extra steps for the challenge!

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.



2024 PROGRAMS AND EVENTS FOR JULY



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 \(In-person\)](#)

July 17 and 24 from 9:30 a.m. to noon (various times)

[#MonthlyMotivation: Assumptions \(webinar\)](#)

July 23 at 10:00 a.m.

[The Blue Zones: The Secrets of Living Long, Healthy Lives \(webinar\)](#)

July 30 at noon



GROUP HEALTH COACHING:

[Meal Planning and Prepping in the Summer \(webinar\)](#)

July 10, 17, 24 and 31 at 11:30 a.m.

[Midlife Wellness for Women \(webinar\)](#)

July 8, 15, 22 and 29 at noon



BUCKEYE BABY PROGRAMS:

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

July 16 at 11:00 a.m.

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

July 23 at 11:00 a.m.

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

July 30 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 [Link to Health](#) (search Educational Program).

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Low Impact Chair Workout

Join [OSU Health Plan Health Coach](#) Alison, on July 17 at 12:30 p.m. for a physical activity program about using resistance bands for upper body exercise. During this 30-minute session, we will understand the benefits of using resistance bands for strength training exercise while performing lower body resistance band exercises for your upper body muscles. To register visit [Link to Health](#) and search by Class Type "Physical Activity Program".

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](#).

The OSU Health Plan (OSUHP) is here to help you improve and maintain a healthy lifestyle!

Explore our comprehensive [Weight Management](#) page for access to a self-guided BMI-Weight Management overview, printable resources to get started, educational videos, and the ability to connect with the OSUHP Wellness Team.

Call (614) 292-4700, option 0 or email healthcoach.osuhealthplan@osumc.edu
www.osuhealthplan.com