

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

## 2024 PROGRAMS AND EVENTS FOR AUGUST



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

### EDUCATIONAL PROGRAMS:

[Herbs and Spices 101 \(webinar\)](#)  
August 6 at noon

[Meditation for Parents \(webinar\)](#)  
August 13 at noon

[#MonthlyMotivation: Creating and Waiting for Significance \(webinar\)](#)  
August 20 at 10:00 a.m.

[Beyond the Cuff: Mastering Blood Pressure Basics \(webinar\)](#)  
August 20 at 12:30 p.m.

### GROUP HEALTH COACHING:

[Build Your Own Exercise Routine \(webinar\)](#)  
August 9, 16, 23 and 30 at noon

[Mood and Food: Strategies for Emotional Eating \(webinar\)](#)  
August 21 and 28; September 4 and 11 at noon



### BUCKEYE BABY PROGRAMS:

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)  
August 6 at 11:00 a.m.

[Lactation Benefits and Resources \(webinar\)](#)  
August 20 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 RESOURCES

#### Go For Gold During the YP4H Summer Games

While your favorite athletes will be competing for medals in Paris, you can compete for your own bragging rights during [this mini challenge](#). Earn up to 2,500 points for participating in this team walking challenge that will take place July 22 through August 11. There will also be opportunities to win \$10 PulseCash. [Create or join](#) a team of five today and start tracking steps. [Contact YP4H](#) if you have any questions.



#### Biofeedback for Stress Management and Resiliency Training (S.M.A.R.T. Lab)

Join Health Coach Amanda in person on August 14, 21 and 28 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 [linktohealth.osu.edu](http://linktohealth.osu.edu) and search by Class Type Educational Program, date or keyword "SMART Lab".

# 2024 PROGRAMS AND EVENTS FOR SEPTEMBER



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

## EDUCATIONAL PROGRAMS:

[Serotonin Boosters for the Upcoming Winter \(webinar\)](#)  
September 10 at 11:30 a.m.

[#Monthly Motivation: Be Here Now \(webinar\)](#)  
September 17 at 10:00 a.m.

[Back to the Grind: Effective Wellness and Work-Life Balance Strategies \(webinar via WeightWatchers\)](#)  
September 19 at 1:00 p.m.

[Growing Veggies and Herbs Over the Winter \(webinar\)](#)  
September 24 at noon

## GROUP HEALTH COACHING:

[Stepping Strong: Strategies for Maintaining Mobility and Balance as We Age \(webinar\)](#)  
September 11, 18, and 25;  
October 2 at 12:30 p.m.

[Foods that Fight Inflammation \(webinar\)](#)  
September 12, 19 and 26;  
October 3 at 12:30 p.m.

[Progressing Your Exercise Routine \(webinar\)](#)  
September 13, 20 and 27;  
October 4 at noon

## BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)  
September 10 at 11:00 a.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)  
September 17 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

### Standing Core

Join [OSU Health Coach](#) Bonnie for a physical activity program about standing abdominal and core exercises on September 18 at noon. During this 20-minute session, we will put together an entire abdominal workout you can do standing up. Be ready to do the activity while you watch online. To register, visit [linktohealth.osu.edu](http://linktohealth.osu.edu) 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](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](#).

### OSU Health Plan Offers Weight Management Resources

Explore resources online to learn what weight management is, gain an overview of how to calculate your body mass index, learn the importance of maintaining a healthy weight, have the ability to connect with the OSUHP Wellness Team, and more. Visit the [OSU Health Plan Weight Management page](#).

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