

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

2024 PROGRAMS AND EVENTS FOR OCTOBER



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

EDUCATIONAL PROGRAMS:

[Cooking with Kitchen Gadgets: Air Fryer, Instant Pot, etc. \(webinar\)](#)
October 1 at noon

[Core Band Workout \(Physical Activity Program\)](#)
October 7 at 12:30 p.m.

[Letting Go of Negativity \(webinar\)](#)
October 8 at 11:30 a.m.

[Tobacco Cessation \(webinar\)](#)
October 10 at noon

[Pumping Essentials 101 \(webinar\)](#)
October 22 at noon

[#Monthly Motivation: Using Your Imagination for Best Outcomes \(webinar\)](#)
October 29 at 10:00 a.m.



GROUP HEALTH COACHING:

[Meal Planning on a Budget \(webinar\)](#)
October 9, 16, 23 and 30 at noon

[Exploring Habits of Maintaining Long Term Weight Loss \(webinar\)](#)
October 15, 22 and 29;
November 5 at 11:30 a.m.



BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
October 2 at 6:00 p.m.

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)
October 8 at 11:00 a.m.

[Lactation Benefits and Resources \(webinar\)](#)
October 15 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

Hit The Road With The Buckeyes!

Earn up to 5,000 points for participating in the 15th edition of Your Plan for Health's signature [team walking challenge](#) that starts on September 23 and continues through November 17. There will be weekly engagement opportunities to win \$25 PulseCash and teams that unlock all destinations will have the chance to win \$50 PulseCash for each member. Gather your team of ten and [join today](#). Contact yp4h@osu.edu with any questions.



Biofeedback for Stress Management and Resiliency Training

Join Health Coach Amanda in person on October 9, 16, 23 and 30 (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 and search by Class Type Educational Program, date or keyword "SMART Lab".

2024 PROGRAMS AND EVENTS FOR NOVEMBER



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

EDUCATIONAL PROGRAMS:

[Full Body Band Workout \(Physical Activity Program Webinar\)](#)

November 4 at 12:30 p.m.

[Functional Freeze \(webinar\)](#)

November 5 at 11:30 a.m.

[#Monthly Motivation: A Favor for Future Self \(webinar\)](#)

November 12 at 10:00 a.m.

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

November 19 at at noon

GROUP HEALTH COACHING:

[Power of Protein: Fueling Your Body for Success \(webinar\)](#)

November 7, 14 and 21;
December 5 at 11:30 a.m.

[Living Thankfully: Your Four-week Guide to Everyday Gratitude \(webinar\)](#)

November 12, 19 and 26;
December 3 at 10:00 a.m.



BUCKEYE BABY PROGRAMS:

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

November 5 at 11:00 a.m.

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

November 19 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

Be proactive in managing your health

If you haven't already, set aside time this fall to complete your 2024 verified [Biometric Screening and Personal Health and Well-being Assessment \(PHA\)](#). You can complete an [on-campus screening](#) to automatically receive credit for the verified biometric screening or you can have values submitted by your medical provider. Please have your provider complete the [provider form](#) and submit to the OSU Health Plan to verify that you have completed a biometric screening in 2024.

For OSU Health Plan enrolled members, your plan covers a screening each calendar year so you do not have to wait 365 days to schedule your appointment. For Ohio State benefits-eligible employees, one on campus screening is available throughout the year. [Click here](#) to schedule now to avoid the end of the year rush!

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

Join [OSU Health Plan Health Coach](#) Amanda in person on November 13 and 20 (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](#) and search by Class Type Educational Program, date or keyword "SMART Lab".

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