

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

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 Resources Available

Stay up-to-date with the latest content, resources and educational videos from the OSU Health Plan. Explore [printable resources](#) such as a list of meditation apps, time finder and fuel log. Browse an assortment of online [wellness articles](#) or conveniently access a variety of [educational videos](#).

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 [povider 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".

2024 PROGRAMS AND EVENTS FOR DECEMBER



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

EDUCATIONAL PROGRAMS:

[#MonthlyMotivation: The Gift \(webinar\)](#)

December 10 at 10:00 a.m.

[Nutrition Strategies for Managing Menopause \(webinar\)](#)

December 12 at 12:30 p.m.



GROUP HEALTH COACHING:

[Winter Well-Being \(webinar\)](#)

December 3, 5, 10 and 12 at noon

[Mini Breathing Sessions to Relieve Holiday Stress \(webinar\)](#)

December 4, 6, 11 and 13 at noon



BUCKEYE BABY PROGRAMS:

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

December 3 at 11:00 a.m.

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

December 9 at 5:00 p.m.

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

December 10 at 11:00 a.m.

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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

Explore Free Archived Content

Each month we add a variety of newly archived content to our Classes and Events page. Check out [#MonthlyMotivation: Be Here Now](#), [Growing Veggies and Herbs Over the Winter](#) and [Serotonin Boosters for the Upcoming Winter](#) to name a few!

Personal Health Coaching

If you have a co-worker that is eligible for Ohio State benefits or a spouse enrolled in the Ohio State University 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