

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

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.

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

Mental Health Awareness for Managers

Please join the [Ohio State University Employee Assistance Program \(EAP\)](#) for a wellness workshop focused on increasing understanding of the signs and symptoms to mental health issues and learning approaches to support coworkers and your staff. Join [Mental Health Awareness Workshop for Managers](#) on December 5 at 1:00 p.m. To learn more, Log in to [Link to Health](#) and search by Class Type "EAP Workshop".

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 services, visit the [Personal Health Coaching page](#).



2025 PROGRAMS AND EVENTS FOR JANUARY



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

EDUCATIONAL PROGRAMS:

[Saving for the Unexpected \(webinar\)](#)

January 7 at noon

[Starting Solids \(webinar\)](#)

January 9 at noon

[Staying Active at Home and Work \(webinar\)](#)

January 13 at 12:30 p.m.

[Navigating Financial Alphabet Soup: The Accounts that Save for Life's Big Moments \(webinar\)](#)

January 14 at noon

[GLP-1 Overview \(webinar\)](#)

January 21 at noon

[Power Up with a Nourish Bowl \(webinar\)](#)

January 22 at 12:30 p.m.

[#MonthlyMotivations \(webinar\)](#)

January 28 at 10:00 a.m.



GROUP HEALTH COACHING:

[The Whole You: Ten Ways to Well-Being \(webinar\)](#)

January 9, 16, 23 and 30;
February 6 and 13 at
12:30 p.m.

[Winter Workout Challenge \(webinar\)](#)

January 15, 22 and 29;
February 5 at 11:30 a.m.



BUCKEYE BABY PROGRAMS:

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

January 14 at 11:00 a.m.

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

January 21 at 11:00 a.m.

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

January 29 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

#MonthlyMotivations

Join the [Ohio State University Employee Assistance Program \(EAP\)](#) each month for a short break as they share an inspirational theme, quote or mantra. Learn how and why setting positive intentions can inspire you, get you energized and motivate you to tackle your goals with grace and purpose. [Register](#) for January's #MonthlyMotivation and you will be automatically registered for all the remaining #MonthlyMotivations webinars for 2025.

Cardio Anywhere: An Effective Workout Without Equipment

Join [OSU Health Plan Health Coach](#) Bonnie on January 29 at noon for a virtual physical activity program to learn how to fit in cardiovascular exercise without equipment. [Register](#) to discover a variety of cardiovascular exercises you can perform anywhere to stay active during winter.

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