

# Healthy Lifestyle Programs

## Program Requirements for Approval of Incentives

(Points will apply to the quarter processed by [YP4H.clinicalservices@osumc.edu](mailto:YP4H.clinicalservices@osumc.edu) and Personify Health)



| Program Name                       | Commitment  | Additional Information  | Verification Submitted to OSUHP   |
|------------------------------------|---|---|---|
| <p><b>Exercise is Medicine</b></p> | <p>Attend 3 one-on-one sessions with a fitness specialist and 16 group exercise sessions over 12 weeks.</p> | <p><a href="#">Exercise is Medicine™</a>, a physical activity program offered through Wexner Medical Center that provides an individualized exercise prescription, access to a fitness facility while in the program, one-on-one sessions with a fitness specialist and 16 exercise-based group sessions over eight weeks.<br/> <b>Physician referral required</b></p> <p><b>For more information:</b><br/>                     Email: <a href="mailto:exerciseismedicine@osumc.edu">exerciseismedicine@osumc.edu</a><br/>                     Phone: 614-685-2221</p> <p><i>This program is eligible for up to 50% reimbursement based on program attendance and LSA benefit.</i></p>  | <ul style="list-style-type: none"> <li>• Completed Verification form</li> <li>• Proof of attendance and your personal program summary</li> </ul>              |
| <p><b>Living Well</b></p>          | <p>24 weeks of individual and group lifestyle weight management support</p>                                 | <p><a href="#">Living Well</a> is our most supportive and structured weight management program with a health coach, registered dietitian and exercise physiologist that includes:</p> <ul style="list-style-type: none"> <li>• Initial orientation to assess current lifestyle habits and develop an individualized plan to reach your health goals</li> <li>• MedGem® calorimeter test to determine resting metabolic rate and to create a personal nutrition plan</li> <li>• Monthly one-on-one meetings with each member of your team</li> <li>• Weekly group health education classes</li> <li>• Individualized exercise prescription and on-site exercise option</li> <li>• Weekly food and exercise log review</li> </ul> <p><b>For more information:</b><br/>                     Email: <a href="mailto:compweightmanagement@osumc.edu">compweightmanagement@osumc.edu</a><br/>                     Phone: 614-688-8971</p> <p><i>This program is eligible for up to 50% reimbursement based on program attendance and LSA benefit.</i></p> | <ul style="list-style-type: none"> <li>• Completed Verification form</li> <li>• Copy of your completed attendance report provided by program staff</li> </ul> |



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| <p><b>Healthy Living</b></p>         | <p>12-24 weeks of individualized lifestyle weight management support</p> | <p><u>Healthy Living</u> is a versatile, individualized program with support from a health coach, registered dietitian and exercise physiologist that can last for 3-6 months depending on your needs.</p> <ul style="list-style-type: none"> <li>• Goal setting and wellness action plan created with your health coach</li> <li>• Accountability and support through check-ins with provider of your choice</li> <li>• Weekly food and exercise log review</li> <li>• Access to optional specialized consults</li> </ul> <p><b>For more information:</b><br/> <i>Email:</i> <a href="mailto:compweightmanagement@osumc.edu">compweightmanagement@osumc.edu</a><br/> <i>Phone:</i> 614-688-8971</p> <p>This program is eligible for up to 50% reimbursement based on program attendance and LSA benefit.</p> | <ul style="list-style-type: none"> <li>• Completed Verification form</li> <li>• Copy of your completed attendance report provided by program staff.</li> </ul> |
| <p><b>Noom</b></p>                   | <p>Attend at least 9 meetings in 3 consecutive months</p>                | <p>For more information or to join go to:<br/> <a href="https://www.noom.com/">https://www.noom.com/</a></p>  | <ul style="list-style-type: none"> <li>• Completed Verification form</li> <li>• Copy of official meeting attendance history</li> </ul>                         |
| <p><b>WW<br/>Weight Watchers</b></p> | <p>Attend at least 9 meetings in 3 consecutive months</p>                | <p>For more information or to join go to:<br/> <a href="https://www.weightwatchers.com/us/">https://www.weightwatchers.com/us/</a></p>  | <ul style="list-style-type: none"> <li>• Completed Verification form</li> <li>• Copy of official meeting attendance history</li> </ul>                         |



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| <p><b>Cardiac Rehab Phase 2</b></p>                 | <p>Attend at least 26 visits over 4 months (in some cases, 2 visits may happen on the same day).<br/>Program schedule is 36 visits/3months</p> | <p>Cardiac Rehabilitation programs guide you and your family through recovery after a heart-related event. Physician referral required.</p> <p>For more information about OSU's Cardiac Rehab program go to:<br/><a href="https://wexnermedical.osu.edu/heart-vascular/cardiac-rehabilitation">https://wexnermedical.osu.edu/heart-vascular/cardiac-rehabilitation</a></p> <p><i>OSUHP Medically Enrolled Faculty, Staff, and Spouses are covered at 100% for this program. Benefits-eligible and not enrolled may also be eligible for this incentive based upon their personal insurance plan coverage.</i></p> | <ul style="list-style-type: none"> <li>• Completed Verification form</li> <li>• Copy of your completed Cardiac Rehab attendance report provided by program staff</li> </ul>          |
| <p><b>Pulmonary Rehab Phase 2</b></p>               | <p>Attend 24 visits</p>  | <p>Pulmonary Rehabilitation Program can help keep you out of the hospital, deepen your understanding of your condition, reduce your shortness of breath and increase your independence.</p> <p><i>OSUHP Medically Enrolled Faculty, Staff, and Spouses are covered at 100% for this program. Benefits-eligible and not enrolled may also be eligible for this incentive based upon their personal insurance plan coverage.</i></p>  | <ul style="list-style-type: none"> <li>• Completed Verification form</li> <li>• Copy of your completed PR attendance report provided by program staff</li> </ul>                     |
| <p><b>Innovative Diabetes Management (COPC)</b></p> | <p>Series of 4 weekly classes lasting 2 hours each, A1c follow-up after 3 months with PCP</p>  | <p>COPC Innovative Diabetes Management was formed to provide education and support to patients living with Adult Type 1 and Adult Type 2 diabetes. We'll teach you the skills you need to manage your disease and reduce its potential long term effects.</p> <p>For more information go to: <a href="#">COPCP Diabetes Management</a></p> <p>Open to both Pre-diabetic and Diabetics.</p> <p><b>Physician referral required</b></p>  | <ul style="list-style-type: none"> <li>• Completed Verification form</li> <li>• Copy of your proof of attendance with instructor signature as well as pre/post A1C values</li> </ul> |



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| <p><b>Scarlet and Grey Way to Diabetes Self-Management Education</b></p> | <p>3 months or more</p>              | <p>The Scarlet &amp; Grey Way to Diabetes Self- Management Education Program offers comprehensive services for patients with type 1 diabetes, type 2-diabetes or pre-diabetes.</p> <p>To learn more call 614-688-6251 or visit <a href="#">Scarlet and Grey Way</a>.</p> <p><b>Physician referral required</b></p> | <ul style="list-style-type: none"> <li>• Completed Verification form</li> <li>• Proof of attendance and your personal program summary</li> </ul>                    |
| <p><b>OTHER OPTIONS</b></p>  | <p>At least 3 months in duration</p> | <p>Other possible Healthy Lifestyle Programs must be submitted to OSUHP for <b>pre-approval</b> before enrolling for points to be awarded.</p> <p>Please contact <a href="mailto:YP4H.clinicalservices@osumc.edu">YP4H.clinicalservices@osumc.edu</a> for more information.</p>                                    | <ul style="list-style-type: none"> <li>• Completed Verification form</li> <li>• Proof of attendance and program summary at the conclusion of the program</li> </ul> |



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