

OSU HEALTH PLAN EDUCATIONAL PROGRAM DESCRIPTIONS

BEYOND THE CUFF – MASTERING BLOOD PRESSURE BASICS

Take charge of your blood pressure with insights on what it means, why it matters, and how to manage it effectively.

BIOFEEDBACK SAMPLER SESSIONS

Schedule a block of 10 to 15-minute sampler sessions for your team to try HRV biofeedback! Discover how biofeedback can help you reduce stress and build resilience with real-time insights and interactive breathing exercises.

BODY WEIGHT WORKOUT

Explore the power of bodyweight exercises in a workout that's perfect for any fitness level! Learn to stay active and strong, no equipment required.

BREATHE BETTER, STRESS LESS

Learn and practice a variety of breath exercises that can reduce stress and promote resilience, focus, and calm.

BUILDING EFFECTIVE HABITS

Ignite your motivation and map out steps for strong, sustainable habits based on your values, lifestyle, and current state of readiness for change.

CARDIO ANYWHERE

Stay fit without equipment by exploring low- and high-impact cardio exercises that work for any space, weather, or fitness level.

CHAIR YOGA

A gentle yet effective way to stay active! Learn the benefits of yoga, get resources to continue your practice, and do a 15-minute chair yoga flow in session.

CREATING YOUR COPING SKILLS TOOLBOX

Create a plan to cope with stress effectively, from preparation to recovery, with practical tips and helpful resources.

FIVE WAYS TO KNOW YOU'RE AT YOUR HAPPY WEIGHT

Finding your happy weight is about feeling your very best in your own body. Learn simple steps you can take to reach your happy weight.

HACK YOUR SNACK

Master the dos and don'ts of snacking with tips for balance, nutrition, and well-being—tasty snack samples included!

HEALTHY EATING ON A BUDGET

Discover how to eat well on a budget with simple steps for shopping and meal plans.

HIDDEN RISKS OF FOOD DYES IN OUR FOOD

Get the facts on artificial food coloring, from its history to health concerns, with expert tips to make informed choices.

IS HEALTH COACHING FOR ME?

Find out if health coaching is right for you and how it supports lasting wellness through personalized guidance.

LUNCH PREP FOR LASTING ENERGY

Save money and simplify meal prep with easy lunch packing ideas. Discover the benefits and get inspired to create delicious, hassle-free meals to fuel your day.

MAKING SPACE FOR SELF-CARE

Define “self-care” for yourself and explore ways to create more time and energy for the things that replenish and sustain you.

MAKING TIME FOR PHYSICAL ACTIVITY

Learn to get creative and make the most of the time you have for exercise and daily physical activity.



MASTERING MEAL PLANNING

Meal planning made easy—save money, stay organized, and create delicious meals your family will enjoy.

MINDFULNESS AND MEDITATION

Learn the basics of mindfulness and meditation to discover how these practices can help you feel more present, focused, and calm in everyday life.

QUIT QUEST – A PATH TO A NICOTINE-FREE LIFE

Learn strategies and map your steps towards quitting with insights on cessation products and medications, behavior-change guidance, and supportive resources.

RETHINK YOUR DRINK

Understand how to make better drink choices by understanding calories, sugar, caffeine, and the impact of dyes and alcohol.

SLEEP WELL FOR WELLNESS

Discover why sleep is the foundation for all areas of wellness and discuss strategies for a restful night.

SPARK AND SUSTAIN MOTIVATION

Learn how to navigate and anticipate the ups and downs of motivation for long-term goals with strategies to refresh interest and energy for the efforts.

STRENGTHENING YOUR IMMUNE SYSTEM

Strengthen your immune system with simple daily strategies for nutrition, exercise, stress, and sleep.

STRETCHING AND RECOVERY

Review the benefits of stretching and participate in a brief stretch break with movements you can do during your workday.

THE GIFT OF GRATITUDE

Research shows gratitude benefits us mentally, emotionally, physically, and socially. Learn how to experience these benefits with simple practices.

THE TRUTH ABOUT STEP COUNTS

Learn to set step count goals that are right for you with a review of step science and recommendations for staying active and healthy.

WALK WITH A HEALTH COACH

Break up the day with some steps and fresh air during a wellness walk with your team, led by a health coach.

WELLNESS AND RESILIENCE AT WORK

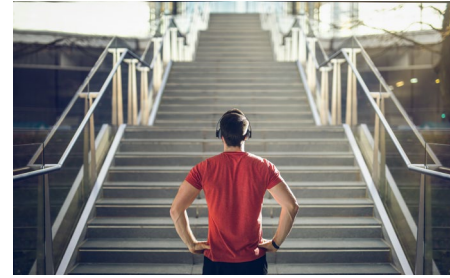
Build work resilience by understanding stress, preventing burnout, and creating a plan to support wellness for yourself and your team.

WELLNESS – REVIEWING THE HOLISTIC APPROACH

Go beyond fitness and nutrition by exploring all dimensions of wellness and setting goals to create a balanced, healthy, happy life.

WORKING OUT WITH RESISTANCE BANDS

Resistance bands can make strength training simple. Learn a whole-body workout you can do anywhere, with bands provided!



Ready to request your group?
[Complete our brief online request form.](#)