

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

2025 PROGRAMS AND EVENTS FOR MARCH



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

EDUCATIONAL PROGRAMS:

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

March 3 at 10:00 a.m.

[Facts, Myths, and Tooth Tips for Better Oral Health \(webinar\)](#)

March 4 at noon

[Meditation for Parents \(webinar\)](#)

March 18 at noon

[What You Need to Know About Multivitamins \(webinar\)](#)

March 20 at noon

[Women's Health: Nutrition As We Age \(webinar\)](#)

March 25 at noon

GROUP HEALTH COACHING:

[Keep at It! Building Habits, Routines, and Rituals for Self-Care \(webinar\)](#)

March 11, 18 and 25; April 1 and 8 at noon

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

March 5, 12, 19 and 26 at noon

OHIO STATE EMPLOYEE ASSISTANCE PROGRAM (EAP):

[Meeting Yourself: An Introduction to The Enneagram \(webinar\)](#)

March 6, 13, 20 and 27 at 11:30 a.m.

BUCKEYE BABY PROGRAMS:

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

March 4 at 11:00 a.m.

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

March 11 at 11:00 a.m.

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

March 17 at 5:00 p.m.

Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.

For additional Parenting and Family webinar topics, visit [Link to Health](#) (search Educational Program).



MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Partner Up For Strength

Join [OSU Health Plan Health Coaches](#) Bonnie and Alison on March 13 at 12:30 p.m. for a virtual physical activity program to take an energizing break. Grab a co-worker and engage in a body weight workout to add variety to your fitness routine. [Register here](#) or visit [Link to Health](#) and search by Class Type "Physical Activity Program" to learn more.

Take Advantage of All That's Available to You!

As an OSU Health Plan member, you have access to a wide variety of on demand health and wellness classes. Visit [this page](#) often for new recordings added each month. Watch this month's featured webinar [#MonthlyMotivation: Celebrating Doubt](#) presented by the Ohio State University Employee Assistance Program. Interested in more? Register for the [#MonthlyMotivation webinar series here](#).

2025 PROGRAMS AND EVENTS FOR APRIL



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

EDUCATIONAL PROGRAMS:

[Carbohydrates: Why We Need Them \(webinar\)](#)

April 1 at noon

[Top Five Secrets to Getting Breast/Chest Feeding Off to a GREAT START! \(webinar\)](#)

April 8 at noon

[Kitchen Safety \(webinar\)](#)

April 9 at 11:30 a.m.

[Embracing Lifestyle Medicine for a Healthier Community \(webinar\)](#)

April 15 at noon

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

April 29 at 10:00 a.m.

GROUP HEALTH COACHING:

[Get Moving for Mental Well-Being \(webinar\)](#)

April 10, 17 and 24; May 1 at 12:30 p.m.

[Exploring Habits of Maintaining Long Term Weight Loss \(webinar\)](#)

April 23 and 30; May 7 and 14 at noon



BUCKEYE BABY PROGRAMS:

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

April 8 at 5:00 p.m.

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

April 16 at 11:00 a.m.

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

April 22 at 11:00 a.m.

Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.

For additional Parenting and Family webinar topics, visit [Link to Health](#) (search Educational Program).



MONTHLY HIGHLIGHTS

Spring Wellness Walks

Join [OSU Health Plan Health Coach](#) Bonnie for a wellness walk on [April 2](#) or [April 9](#) at 12:30 p.m. at the Ackerman Complex. During these 30-minute sessions, we will walk as a group to get some fresh air and extra steps for a mid-day energy break. Meet between the 660 and 700 Ackerman buildings. To register, visit [Link to Health](#) and search by Class Type Physical Activity Program, date or keyword "Spring Wellness Walk".

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 email healthcoach.osuhealthplan@osumc.edu to schedule a call! To learn more about our team and services, visit the [Personal Health Coaching](#) page.

Call (614) 292-4700 (option 1, then option 1 again) or email healthcoach.osuhealthplan@osumc.edu
www.osuhealthplan.com