

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

## 2025 PROGRAMS AND EVENTS FOR AUGUST



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

### EDUCATIONAL PROGRAMS:

[The ABC's of Children's Vision and Back to School Vision Screenings and Exams \(webinar\)](#)  
August 5 at noon

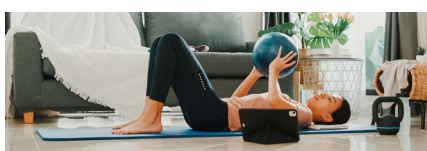
[Just Breathe: Mindfulness for Stress Reduction and Well-Being \(webinar\)](#)  
August 12 at noon

[Floor Abs \(Physical Activity Program webinar\)](#)  
August 13 at noon

[Fueling Fertility: Smart Steps Before You Conceive \(webinar\)](#)  
August 14 at 11:30 a.m.

[Getting Unstuck: Tools To Help You Get Out of the Rut You're In \(webinar\)](#)  
August 19 at 11:30 a.m.

[#MonthlyMotivations \(webinar\)](#)  
August 26 at 10:00 a.m.



### GROUP HEALTH COACHING:

[Healthy Lifestyle on a Budget \(webinar\)](#)  
August 8, 15, 22 and 29 at 11:30 a.m.

[Perfecting Your Exercise Plan: What's Missing and How to Add It \(webinar\)](#)  
August 13, 20, 27 and September 3 at noon

### BUCKEYE BABY PROGRAMS:

[Lactation Benefits and Resources \(webinar\)](#)  
August 5 at 11:00 a.m.

[Nutrition and Physical Activity During Pregnancy \(webinar\)](#)  
August 21 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).

### 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

#### Biofeedback for Stress Management and Resiliency Training (SMART Lab)

Join [OSU Health Plan Health Coach](#) Amanda in person on August 6 and 13 between 9:30 a.m. and noon (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](http://linktohealth.osu.edu) and search by Class Type Educational Program, date or keyword "SMART Lab".

#### Mental Health Awareness for Managers

Join the [Ohio State University Employee Assistance Program](#) on August 14 at 10:00 a.m. for a wellness workshop focused on increasing understanding of the signs and symptoms of mental health issues and learning approaches to support co-workers and your staff. [Register here](#) or visit [Link to Health](#) and search by Class Type "EAP Workshop" to learn more.

# 2025 PROGRAMS AND EVENTS FOR SEPTEMBER



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

## EDUCATIONAL PROGRAMS:

[S.M.A.R.T. Lab \(in-person\)](#)  
September 3 and 17 from 9:30 a.m. to noon (various times)

[The Truth About Step Counts \(webinar\)](#)  
September 9 at 11:30 a.m.

[How to Get a Breastfed Baby to Take a Bottle \(webinar\)](#)  
September 16 at noon

[#MonthlyMotivations \(webinar\)](#)  
September 23 at 10:00 a.m.

[Gardening As You Age \(webinar\)](#)  
September 30 at noon

## GROUP HEALTH COACHING:

[Rebuilding our Relationship with Food \(webinar\)](#)  
September 9, 16, 23 and 30 at noon

[Fall Workout Challenge \(webinar\)](#)  
September 10, 17, 24 and October 1 at 11:30 a.m.



## BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)  
September 9 at 11:00 a.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)  
September 23 at 11:00 a.m.



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## MONTHLY HIGHLIGHTS

### Walk for Wellness: In-Person or In-Place

Take a step toward better health on September 10 at noon with a guided wellness walk led by Health Coach Alison at 660 Ackerman Road. This gentle group walk is a great way to move your body, boost your mood, and connect with others. Can't join in person? [Register here](#) to receive an easy-to-follow walking in place video you can do anytime, anywhere!

### Personal Health Coaching

If you know a co-worker who 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](mailto: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](mailto:healthcoach.osuhealthplan@osumc.edu)  
[www.osuhealthplan.com](http://www.osuhealthplan.com)