

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

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

[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:

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

September 10, 17, 24 and October 1 at 11:30 a.m.

[Rebuilding our Relationship with Food \(webinar\)](#)

September 11, 18 and 25; October 2 at noon

HEALTHY

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.

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. Discover [wellness articles](#) and a variety of newly added archived content on our [classes and events page](#).

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

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!

Biofeedback for Stress Management and Resiliency Training (SMART) Lab

Join [OSU Health Plan Health Coach](#) Amanda in person on September 3 and 17 between 9:30 a.m. and noon (various times) for 30-minute sampler sessions in the Ohio State Stress Management and Resiliency Training (SMART) Lab. You'll learn deep breathing techniques that you can use anywhere, anytime! To register, visit [linktohealth.osu.edu](#) and search by Class Type Educational Program, date or keyword "SMART Lab".

2025 PROGRAMS AND EVENTS FOR OCTOBER



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)

October 1, 15 and 22 from 9:30 a.m. to noon (various times)

#MonthlyMotivations (webinar)

October 7 at 10:00 a.m.

Starting a Walking / Running Routine (webinar)

October 7 at 11:30 a.m.

Preeclampsia Symptoms and Causes (webinar)

October 14 at noon

Adult Vision and Eye Care (webinar)

October 21 at noon

Strong Arms (Physical Activity Program webinar)

October 22 at 11:30 a.m.



GROUP HEALTH COACHING:

Power of Protein: Fueling Your Body for Success (webinar)

October 9, 16, 23 and 30 at 11:30 a.m.

Breaking Barriers to Physical Activity (webinar)

October 14, 21 and 28;
November 4 at noon



BUCKEYE BABY PROGRAMS:

OSU Health Plan Benefits During Pregnancy (webinar)

October 6 at 6:00 p.m.

Nutrition and Physical Activity During Pregnancy (webinar)

October 15 at 11:00 a.m.

Lactation Benefits and Resources (webinar)

October 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).

MONTHLY HIGHLIGHTS

It's Almost Time To Hit The Road

Your Plan for Health's signature walking challenge – Hit The Road With The Buckeyes – will return this fall for its 16th year! Start gathering your team of 10 members so you're ready when pre-registration opens on September 15. You can earn up to 5,000 points for participating in the challenge which runs September 22 through November 30. Email yp4h@osu.edu if you have any questions.

Scarlet vs. Gray: The Wellness Walk Off

Show your colors! Rock your scarlet or gray gear during the walk and let's see which Buckeye color comes out on top. Join the OSU Health Plan Health Coaches on October 8 between 11:30 a.m. and ending at 1:00 p.m. at the Oval near the Thompson Library. This event is open to all fitness levels and can be performed at your own pace. [Register](#) or visit [Link to Health](#) and search by Class Type "Physical Activity Program" to learn more. Email Healthcoach.Osuhealthplan@osumc.edu if you have questions.

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



THE OHIO STATE UNIVERSITY
HEALTH PLAN

