

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

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 \(webinar\)](#)

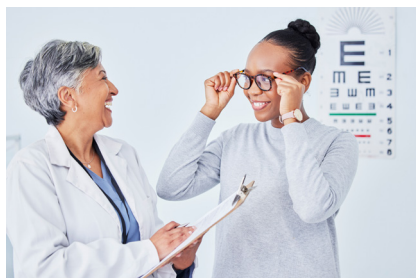
October 14 at noon

[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.

MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Hit The Road With The Buckeyes

The 16th year of Your Plan for Health's [signature team walking challenge](#) starts today and will continue through November 30. You can earn up to 5,000 points for participating in the ten-week campaign that "visits" our Big Ten opponents. There will also be weekly engagement opportunities to win \$25 Rewards Cash and teams that unlock all destinations will have the chance to win \$50 Rewards Cash for each member. Log in today to [create or join a team](#). Contact yp4h@osu.edu if you have any questions.



Scarlet vs. Gray: The Wellness Walk Off

Join the OSU Health Coaches on October 8 between 11:30 a.m. and ending at 1:00 p.m. at the Oval near the William Oxley Thompson Statue. This is a great opportunity to take an activity break during the workday! Rock your scarlet OR gray gear during the walk and let's see which Buckeye color comes out on top. [Register](#) or visit [Link to Health](#) and search by Class Type "Physical Activity Program" to learn more. Email Healthcoach.Osuhealth-plan@osumc.edu if you have questions.

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EDUCATIONAL PROGRAMS

[Let It Go: Beat Holiday Stress with Simple Breathing Techniques \(webinar\)](#)
November 4 at noon

[Single-Tasking: Reduce Stress and Boost Efficiency \(webinar\)](#)
November 13 at 11:30 a.m.

[Exercising with Pain: Safe Strategies to Stay Active \(webinar\)](#)
November 13 at noon

[#MonthlyMotivations \(webinar\)](#)
November 18 at 10:00 a.m.

[Fitting in Fitness for Busy Parents \(webinar\)](#)
November 18 at noon



GROUP HEALTH COACHING:

[Eating to Support Your Exercise Routine \(webinar\)](#)
November 5, 12 and 19;
December 3 at noon

[Understanding and Supporting Your Metabolism \(webinar\)](#)
November 6, 13 and 20;
December 4 at 11:30 a.m.



BUCKEYE BABY PROGRAMS:

[OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
November 4 at 11:00 a.m.

[Lactation Benefits and Resources \(webinar\)](#)
November 12 at 4:00 p.m.

[What to Expect: Pregnancy and Beyond \(webinar\)](#)
November 18 at 11:00 a.m.



Take Time to Explore Resources Available

Stay up-to-date with the latest online resources from the OSU Health Plan. Discover [wellness articles](#) and a variety of newly added archived content on our [classes and events](#) page.

MONTHLY HIGHLIGHTS

Biofeedback for Stress Management and Resiliency Training (S.M.A.R.T. Lab)

Join [OSU Health Plan Health Coach](#) Amanda in person on November 5 and 19 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 and search by Class Type Educational Program, date or keyword "SMART Lab".

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