

Ohio State University Non-Pharmacologic and Comprehensive Weight Management Programs

Program	Location	Program Information
<u>Comprehensive Weight Management</u>	Martha Morehouse 2050 Kenny Road Columbus, OH 43221	Comprehensive Weight Management (CWM) offers the broadest spectrum of obesity care and weight management solutions at OSUMC including bariatric surgery, endoscopic bariatric procedures, and non-surgical, medical weight management with lifestyle programming and medication prescribing to support weight loss. Patients referred to CWM will partner with an obesity medicine specialist well versed in all available weight management options to design a customized plan tailored to their goals with a focus on long term sustainability and optimization of related health conditions. Each patient's journey following this initial visit will differ; however, patients should anticipate at least quarterly engagement through follow up visits with a medical provider as well as availability for eight group nutrition visits. All follow-up visits can be conducted via telemedicine. If needed, patients will be connected for specialized care to address mental health and sleep concerns and can be referred to any OSUMC lifestyle support programs as detailed below. Through CWM, patients can access optional additional consultations: - MedGem® calorimeter test to determine resting metabolic rate - Individualized exercise prescription from a certified Exercise Physiologist - Virtual nutrition classes (series of 8 classes) To schedule call: 614-366-6675 Cost: Visits are billed through insurance
<u>Center for Women's Health</u>	Outpatient Upper Arlington 1800 Zollinger Road Columbus, OH 43221	The Center for Women's Health (CWH) offers a nonsurgical weight management program designed to provide comprehensive care to help women achieve and maintain a healthy weight. Our team includes obesity medicine providers, a dietitian for personalized nutrition plans, and a sports medicine specialist for tailored exercise plans. Monthly appointments cover screening for and management of weight related conditions as well as focus on nutritional guidance, physical activity recommendations, behavioral counseling, and, if needed, pharmacotherapy. Referrals to OSUMC specialists or lifestyle support programs are available as needed. Additional tools: - SECA – body composition scale - MedGem® calorimeter test to determine resting metabolic rate To schedule call: 614-293-2076 Cost: Visits are billed through insurance
<u>Exercise is Medicine</u>	Outpatient Care Martha Morehouse; Outpatient Care Upper Arlington; Bob Crane Community Center; Hilliard, The Well; Dublin Community Recreation Center; New Albany, OSU Health and	12-week physical activity program blending individual and group support offered through Wexner Medical Center that provides an individualized exercise prescription, one-on-one sessions with a fitness specialist, 16 exercise-based group sessions over 8 weeks, and full access to a fitness facility while in the program. <i>Physician referral required.</i> Cost: \$225*, payment due in full prior to starting program. (Weekly breakdown cost is \$18.75.) *OSU Health Plan participants are eligible for up to 50% reimbursement based on attendance. Cost is also eligible for LSA benefit. If patients participate in all sessions and submit for LSA benefit, program cost is entirely reimbursable.



	Fitness Center; Grove City YMCA; Liberty Township. Powell YMCA; Ward YMCA; Blackburn Community Center; Prairie Township Community Center	
<u>Healthy Living</u>	Virtual	A versatile, individualized 12 to 24-week program based on your needs that includes goal setting and wellness action plan created with your health coach and accountability and support through check-ins with provider of your choice (dietitian, exercise physiologist, health coach.) To schedule call: 614-688-8971 Cost: \$390*, payment is due in full prior to starting the program. (Weekly cost breakdown is \$32.50 to \$16.25.) *OSU Health Plan participants are eligible for up to 50% reimbursement based on attendance. Cost is also eligible for LSA benefit. If patients participate in all sessions and submit for LSA benefit, program cost is reduced to \$70.
<u>Living Well</u>	Martha Morehouse 2050 Kenny Road Columbus, OH 43221 New Albany and Hilliard, in 2026	12-week or 24-week comprehensive weight management program blending individual and group support for goal setting, accountability, behavior change, nutrition and physical activity guidance. Participants can expect the following: - Initial orientation to assess current lifestyle habits and develop individualized plan - MedGem® calorimeter test to determine resting metabolic rate and create personal nutrition plan - Individualized exercise prescription and access to exercise facility - Weekly food and exercise log review and optimization - Monthly one-on-one meetings with each member of the care team - Weekly virtual group health education classes To schedule call: 614-688-8971 Cost: 12-week program is \$450, additional 12-week program is \$350. 24-week program is \$800*. Payment is due in full prior to starting program. *OSU Health Plan participants are eligible for up to 50% reimbursement based on attendance. Cost is also eligible for LSA benefit. If patients participate in all sessions and submit for LSA benefit, the program cost is reduced to \$275 for full 24-week program.
<u>GLP-1 Lifestyle Transition Program</u>	Virtual	The GLP-1 Lifestyle Transition Program is a 12-week, OSU Health Plan Health Coach-led series designed to support individuals transitioning away from GLP-1 medications in maintaining their progress through practical lifestyle strategies. With a focus on nutrition, movement, stress management, motivation, and support, participants will learn how to adapt the fundamentals of healthy living to their current stage, whether continuing after medication, transitioning to a new approach, or focusing on long-term stability. The program is divided into three 4-week series. Participants may register for one, two, or all three series, depending on their goals and needs. Each series is facilitated by OSU Health Coaches and emphasizes building sustainable habits that complement medical care and fit into daily life. Sessions are interactive, educational, and designed to empower participants with tools for lasting weight management.

		Eligibility: Benefits-eligible Ohio State and Ohio State University Wexner Medical Center employees. Adult dependents on the OSU Health Plan are also eligible to participate, compliments of Your Plan for Health. Cost: There is no cost to attend. Registration: First group starts in January, 2026 and registration opens in late October, 2025 at LinkToHealth - Home. Participants can register for one, two, or all three series within the 12-week program. Select appointment or class type “<i>Group Health Coaching Session</i>” and search for keyword “<i>GLP-1</i>” to locate each series.
OSU Health Plan Personal Health Coaching	Virtual	Personal Health Coaching is confidential and voluntary and designed to assist individuals in achieving personal wellness. An OSU health coach is available to help develop an action plan related to weight management and to support transitioning from GLP-1 medications in maintaining progress through practical lifestyle strategies. Eligibility: Benefits-eligible Ohio State and Ohio State University Wexner Medical Center employees. Adult dependents on the OSU Health Plan are also eligible to participate, compliments of Your Plan for Health. Cost: There is no cost to participate

Columbus Area Nutrition Counseling Providers with Weight Management Specialty Expertise

Physician referral required UNLESS enrolled in an OSU Health Plan. We encourage you to speak with your provider to discuss this benefit resource. The nutritional services benefit allows the first three visits per benefit (calendar) year without any pre-authorization required. There may be a fee for the first three visits, depending on what health plan you have. There may be a pre-authorization requirement and a copay or % fee for visits 4-6. Please check with your specific health plan for their coverage.

Name	Address	Phone	Specialty
OSU Primary Care Family and Community Medicine & General Internal Medicine *Only for patients with OSU PCP	Multiple clinics: eligible to be seen at the home clinic of your OSU PCP	Refer to PCP home clinic scheduling phone number	Registered Dietitians Generalists, weight management, diabetes
OSU Medical Center-Nutrition Services General Clinic	Martha Morehouse 2050 Kenny Rd. Pavilion 1 st Floor Room 1014 & 1015 Columbus, OH 43221	614-293-2800	Kacie Vavrek, MS, RD, CSSD, LD Weight management, generalist, sports nutrition



	East Hospital 181 Taylor Ave. Columbus, OH 43203	614-257-3000	Nicole Gee, MDA, RDN, LD Intuitive eating, disordered eating, generalist
Dietitian in Your Kitchen/Swap Health	1245 S Sunbury Rd Ste 102 Westerville, Oh 43081	614-706-3495 828-202-8741	Michelle Hoffman, RDN, LD: Pediatric and adult weight management, disordered eating, PCOS Laura Poland, RDN, LD: Adult, adolescent, and pediatric weight management
Nationwide Children's Hospital	700 Children's Dr Columbus, OH 43205 380 Butterfly Gardens Dr Columbus, OH 43215	614-722-2000 614-722-2450	Pediatrics Pediatrics
NW Children's Hospital Close to Home Health Care Centers	Northeast 433 N. Cleveland Ave. Westerville, OH 43082 Dublin 5675 Venture Dr. Dublin, OH 43017	614-355-8300 614-355-8400	Pediatrics Pediatrics
OSU Division of Endocrinology, Metabolism, and Diabetes *Provider requires physician referral	Outpatient Care Dublin 6700 University Blvd 4 th floor Ste 4c Dublin, Oh 43016 Outpatient Care East 543 Taylor Ave Ste 2026 Columbus, OH 43203	614-685-3333 614-685-3333	Diabetes Counseling and Education
Center for Healthy Weight and Nutrition	380 Butterfly Gardens Drive Columbus, OH 43215	614-722-4824	Comprehensive tertiary care obesity center which offers programs for both the prevention and treatment for children and adolescents with obesity.
Fairfield Medical Center	401 N Ewing St Lancaster, OH 43130	740-687-8000	Nutritional Counseling



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	2384 N Memorial Dr Lancaster, OH 43130	740-687-2945	Nutritional Counseling
Licking Memorial Hospital	1320 W Main St Newark, OH 43055	220-564-4000	Diabetes Education and Nutritional Counseling