

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

2025 PROGRAMS AND EVENTS FOR DECEMBER



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

EDUCATIONAL PROGRAMS:

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

December 2 at 10:00 a.m.

[Navigating 4th Trimester: Postpartum Support \(webinar\)](#)

December 4 at 11:00 a.m.



GROUP HEALTH COACHING:

[Mini Breathing Sessions to Relieve Holiday Stress \(webinar\)](#)

December 2, 4, 9 and 11 at noon

[Stopping Your Winter Wellness Slump \(webinar\)](#)

December 3, 5, 10 and 12 at 11:30 a.m.



BUCKEYE BABY PROGRAMS:

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

December 2 at 11:00 a.m.

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

December 10 at 11:00 a.m.



MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Biofeedback for Stress Management and Resiliency Training (SMART) Lab

Join [OSU Health Plan Health Coach](#) Amanda in person on December 3 and 10 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".

Personal Health Coaching

If you have 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 to schedule a call. To learn more about our team and services, visit the OSU Health Plan [Personal Health Coaching page](#).

2026 PROGRAMS AND EVENTS FOR JANUARY



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

EDUCATIONAL PROGRAMS

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

January 8 at 10:00 a.m.

[Starting the New Year Right \(webinar\)](#)

January 8 at 11:30 a.m.

[Buckle Up with Brutus: Infant and Child Car Seat Safety \(webinar\)](#)

January 13 at noon

[15-Minute New Year Meditation for Working Professionals \(webinar\)](#)

January 15 at noon

GROUP HEALTH COACHING:

[Beyond Resolutions: Real Change for Real Life \(webinar\)](#)

January 13, 20 and 27;
February 3 at noon

[Foundations for Change After GLP-1s \(series 1 of 3\)](#)

January 15, 22 and 29;
February 5 at 11:00 a.m.



BUCKEYE BABY PROGRAMS:

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

January 13 at 11:00 a.m.

[From Bump to Baby: What to Expect Along the Way \(webinar\)](#)

January 27 at 11:00 a.m.



MONTHLY HIGHLIGHTS

12-Week Program: Your Weight Management Roadmap After GLP-1s

This program is designed for people transitioning off GLP-1 medications who want to maintain their progress through practical lifestyle strategies. With guidance in nutrition, movement, stress, sleep, and motivation, you'll build routines that complement your medical care and support long-term weight management. The program is divided into three four-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 Plan Health Coaches and emphasizes building sustainable habits that fit into daily life. For more information or to register, visit linktohealth.osu.edu and search by Class Type: Group Health Coaching.

#MonthlyMotivations

Join our monthly collaboration with The Ohio State University [Employee Assistance Program](#). Each month will be devoted to a new theme or topic. Discover inspirational themes, quotes or mantras to inspire, energize, and motivate you to tackle your goals. To register, visit linktohealth.osu.edu and search by Class Type Educational Programming keyword "Motivation".

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