

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

## 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

[Get to Know Your New YP4H Portal: MediKeeper Live Demo With Q&A \(webinar\)](#)

January 22 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 AND IMPORTANT RESOURCES

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

Designed for people transitioning off GLP-1 medications who want to maintain their progress through 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](https://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](https://linktohealth.osu.edu) and search by Class Type Educational Program keyword "Motivation".

# 2026 PROGRAMS AND EVENTS FOR FEBRUARY



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

## EDUCATIONAL PROGRAMS:

[Empower Your Pregnancy: Understanding and Managing Gestational Diabetes \(webinar\)](#)  
February 10 at noon

[Kitchen Cupid: Aim Straight for the Heart with Dinner for Two! \(webinar\)](#)  
February 10 at noon

[#MonthlyMotivations \(webinar\)](#)  
February 17 at 10:00 a.m.



## GROUP HEALTH COACHING:

[A Month to a Healthier Heart: Your Four-Week Plan \(webinar\)](#)  
February 10, 17 and 24;  
March 3 at noon

[Beyond the Basics After GLP-1s \(series 2 of 3\) \(webinar\)](#)  
February 19 and 26; March 5 and 12 at 11:00 a.m.



## BUCKEYE BABY PROGRAMS:

[Feeding Baby, Supporting You: Understanding Lactation Benefits \(webinar\)](#)  
February 10 at 11:00 a.m.

[Movement for Every Trimester \(webinar\)](#)  
February 24 at noon



## MONTHLY HIGHLIGHTS

### Mental Health Awareness Workshop for Managers

Join the Ohio State University Employee Assistance Program on February 26 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. This workshop is designed to bring awareness and understanding about mental health in the workplace. [Register here](#) or visit [Link to Health](#) and search by Class Type “EAP Workshop” to learn more.

### 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 who 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)