

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

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

[Raising Awareness of Substance Use Disorder \(EAP workshop/webinar\)](#)
February 11 at 11:30 a.m.

[#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



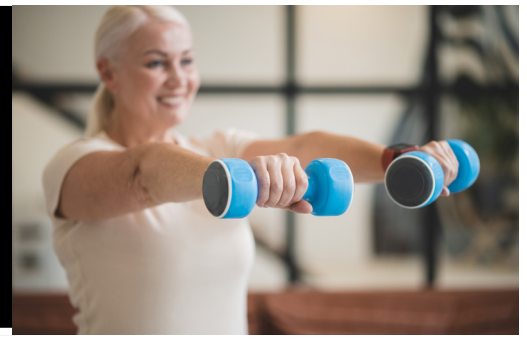
MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

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 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.

Mental Health Awareness for Staff

Join the [Ohio State University Employee Assistance Program](#) on February 26 at 10:30 a.m. for an interactive wellness workshop focused on increasing understanding of the signs and symptoms to mental health issues and learning approaches to support coworkers. 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.

2026 PROGRAMS AND EVENTS FOR MARCH



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

EDUCATIONAL PROGRAMS

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

March 5 at 10:00 a.m.

[The Neuro-Nutrition Blueprint: Building a Better Brain Through Food \(webinar\)](#)

March 17 at 11:00 a.m.

[Managing Multiple Priorities \(EAP workshop/webinar\)](#)

March 24 at 11:30 a.m.

[The Power of Strength: Building Muscle for Lifelong Health and Longevity \(webinar\)](#)

March 24 at noon

GROUP HEALTH COACHING:

[Beyond the Steps: Getting the Most Out of Your Fitness Tracker \(webinar\)](#)

March 4, 11, 18 and 25 at noon

[Maintaining Success Without a GLP-1 \(series 3 of 3\)](#)

March 26 and April 2, 9 and 16 at 11:00 a.m.



BUCKEYE BABY PROGRAMS:

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

March 10 at 11:00 a.m.

[Growing With Every Bite: Nutrition During Pregnancy \(webinar\)](#)

March 19 at 11:00 a.m.



The Ohio State University Health Plan is here to support your journey toward a healthier lifestyle.

Our [Weight Management resources](#) are designed to help you achieve and maintain a healthy weight through balanced nutrition, regular physical activity, and mindful habits to enhance your overall health, well-being, and quality of life.

MONTHLY HIGHLIGHTS

Wired for Well-Being: A Polyvagal Toolkit for Stress Reduction and More

Join the [Ohio State University Employee Assistance Program \(EAP\)](#) for a four-part interactive EAP series starting on March 5 at 11:30 a.m. to explore how the nervous system shapes stress, communication, emotional well-being, and connection...through the lens of Polyvagal Theory. [Register here](#) or visit [Link to Health](#) and search by Class Type "EAP Series" 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 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
www.osuhealthplan.com