

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

2026 PROGRAMS AND EVENTS FOR MAY



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

EDUCATIONAL PROGRAMS

[Stronger Mind, Healthier Body: Explore Your New Wellness Resource \(webinar\)](#)
May 5 at noon

[Finances with Friends and Family \(webinar\)](#)
May 7 at noon

[#MonthlyMotivations \(webinar\)](#)
May 12 at 10:00 a.m.

[Building Better Balance \(webinar\)](#)
May 13 at noon

[Exploring Your Money Personality \(EAP workshop/webinar\)](#)
May 20 at 11:30 a.m.

[S.M.A.R.T. Lab \(In-Person\)](#)
May 20 and 27 from 9:30 a.m. to noon (various times)



GROUP HEALTH COACHING:

[Fueling For Performance \(webinar\)](#)
May 7, 14, 21 and 28 at 11:30 a.m.

[Everyday Mindfulness: Skills for Daily Life \(webinar\)](#)
May 19 and 26; June 2 and 9 at 11:00 a.m.



BUCKEYE BABY PROGRAMS:

[Know Your OSU Health Plan Benefits During Pregnancy \(webinar\)](#)
May 12 at 11:00 a.m.

[From Bump to Baby: What to Expect Along the Way \(webinar\)](#)
May 19 at 11:00 a.m.

*Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.



MONTHLY HIGHLIGHTS AND IMPORTANT RESOURCES

Circles of Calm: Mindful Walking on The Oval

Step away from your daily routine and enjoy a mindful walk! Join the OSU Health Plan Health Coaches on May 20 anytime between 11:30 a.m. and 1:00 p.m. on The Oval at The Ohio State University (Columbus Campus) for a mindfulness walk. This event offers an opportunity to reduce stress while enjoying the mental and physical benefits of movement. This event is open to all fitness levels and can be performed at your own pace. [Register](#) or visit [Link to Health](#) and search by Class Type "Physical Activity Program" to learn more. Reach out to Healthcoach.Osuhealthplan@osumc.edu if you have questions.

Practice Daily Mindfulness To Earn Points

Participate in **Mindful May: A 31-Day Mindfulness Challenge** in the Your Plan for Health (YP4H) portal to earn points and focus on your mental health. You can earn 100 points for enrolling in the challenge that begins on May 4 and continues through May 31. For every day that you track mindful minutes during the challenge timeframe, you can earn an additional five points. There will also be weekly milestones to strive for that will be worth 25 points each.

2026 PROGRAMS AND EVENTS FOR JUNE



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

EDUCATIONAL PROGRAMS:

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

June 9 at 10:00 a.m.

[Cultivating Digital Wellness: Digital Declutter \(EAP workshop/webinar\)](#)

June 11 at 11:30 a.m.

[Building Better Balance: Live Practice Session \(Physical Activity Program webinar\)](#)

June 11 at noon

[How Your Diet Can Combat Chronic Inflammation \(webinar\)](#)

June 16 at 11:30 a.m.

[Get Grounded! \(webinar\)](#)

June 23 at 11:30 a.m.



GROUP HEALTH COACHING:

[Build Your Own Exercise Routine \(webinar\)](#)

June 4, 11, 18 and 25 at 11:30 a.m.

[Embracing the Change: A Journey Through Menopause \(webinar\)](#)

June 8, 15, 22 and 29 at 11:30 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.

BUCKEYE BABY PROGRAMS:

[Feeding Baby, Supporting You: Understanding Lactation Benefits \(webinar\)](#)

June 9 at 11:00 a.m.

[The 4th Trimester Journey: Healing, Bonding and Support \(webinar\)](#)

June 16 at 11:00 a.m.

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

June 25 at 11:00 a.m.

*Buckeye Baby webinars are available to expecting parents enrolled in an OSU Health Plan.

MONTHLY HIGHLIGHTS

Biofeedback for Stress Management and Resiliency Training (SMART) Lab

Join OSU Health Plan Health Coach Amanda in person on June 3, 17 and 24 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".

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