



Stronger Mind, Healthier Body: Explore Your New Wellness Resource

Presented by Your Plan for Health and LifeSpeak

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[Heather] I'm really excited to introduce this new vendor partner of ours, LifeSpeak Holistic Wellness. They are available through our new Your Plan for Health portal, the MediKeeper platform. You may have found this by poking around on your own. The LifeSpeak Holistic Wellness is a tile on your dashboard within MediKeeper. What's really neat about this is that it is an on-demand platform that truly has an all-in-one focus on wellness. There are physical activity classes, there are meditations, there are nutritions, there's tip sheets, recipes you can follow, completely on-demand, there when you need it. And really there's multiple different paths you can take. You can poke around on your own. You can follow courses. We've had this available since we launched, but points are now available for engagement as of March 31st. And you'll see if you were engaging since launch in January, you will have received retroactive points. The points there are on the right side. Registering an account gets you a big chunk of 100 points. You know, going in daily and engaging, looking around to see what you may want to engage with will give you one point. And then you can get points for completing a program and points for watch time. So if you're, you know, just wanting to check out different options that are available to you, those watch-time minutes will add up. You can get 40 points for 20 minutes of weekly watch time and 100 points for 100 minutes of monthly watch time. Or if you're wanting to get involved in a program, you can get 150 points for completing programs monthly. So again, we're really excited about this. If you're involved in our May challenge in support of mental health awareness month, there are a ton of different mindfulness videos that you can watch and then enter your time in the challenge. So again, excited about this and I'm going to pass it off to Cayla who's going to give you a deeper dive and a demo into LifeSpeak.

[Cayla] Thank you so much, Heather. Hello, the Ohio State University. Let me click the right button to share my screen for y'all. As everyone noted, my name is Cayla and I'm the senior client services manager here at LifeSpeak. I'm so excited to be presenting LifeSpeak to y'all today. So, with that noted, let's scroll into the slide deck I have for y'all. LifeSpeak is here to help you feel your best every day with tools and resources designed to support your well-being before challenges arise. Because at LifeSpeak, we know that your well-being matters. With LifeSpeak, you have access to on-demand videos, educational materials, and goal-based programs. You can enjoy the content,



courses, and features of LifeSpeak from your web portal, which is what I'll be demonstrating to y'all today. Or you can take LifeSpeak with you on the go by downloading the LifeSpeak app in both Apple and Android devices app stores. Through The Ohio State University, you have access to fitness, nutrition, and mental health topics. We offer a wide range of resources to support your physical health, fitness, and nutrition goals. As noted earlier, you'll find on demand videos, informative articles, and goal-based programs, all designed to fit your lifestyle. Whether you're just starting out or looking to take things to the next level, there's always something for every age, interest, and activity level. We provide bite-size educational content from leading experts to help strengthen your mental health, practice mindfulness, and build essential life skills. Just like with the fitness and nutrition topics, you'll have access to articles, on demand classes, and goal-based programs, all designed to fit your needs and support your well-being. One thing I really love to highlight is you have all of this great content and resources at your fingertips, but not just for yourself. You can share LifeSpeak with up to five individuals and I'll show you how you can do that once we're in the web portal. So, with that noted, let's hop into the web portal.

I like covering every nook and cranny specifically of the homepage which is what we are currently on. In this upper left corner you will see the LifeSpeak logo. That's not just the logo that is your home button. So, no matter where you are within LifeSpeak, if you click this bad boy right here, you'll always be brought back to the main home screen. This right here is what we call our hero banner. This alternates every single time you come back to the main home screen. Whether it's highlighting a specific program, a certain class, there's always something new to explore and learn right at the top of your screen. This is a profile that's been used and loved. And you can see up next populates here. These are classes that we've saved for ourself, maybe classes we've scheduled for ourself or even events we're signed up to attend. When you first log in, you are prompted to pick a goal and that goal will always appear on your main home screen. So, currently it's set to sleep better, but if you want at any time, you can update that goal to something else. So, let's say I say stay active and fit. Save new goal. And all of the recommendations on my home screen and throughout LifeSpeak will update according to that goal. Here we have recommended programs based off the goal, recommended videos, recommended articles, upcoming live events. We host live events every single month via Zoom where you can learn amazing things from our experts here at Lifespeak. And then at the bottom here, you can see anything that



you've recently viewed or checked out, as well as all of our topics. I'm going to scroll on up to the top where we're going to cover the top panel. Here we have our topics, which you saw at the very bottom. There's fitness, mental health, nutrition, mindfulness, physical health, personal growth, family health, and addictive behaviors. We have our programs. We have events over here where you see your name. You'll see the drop down where you can check out the experts within LifeSpeak. You have your library, browse history, profile. Of course, you can log out at any time. And then we have a search functionality over here where you can search by a specific class, a general key phrase. Maybe there's a certain expert that you really enjoy. You can enter that here. Now, we're going to hop straight into our profile. First, profile has standard member profile information. You can upload a new profile picture at any time. There is your first name, last name, your email address, and I always like to note that your date of birth, while it is a field here, it is completely optional. If you don't feel comfortable filling out that field, please, you do not have to. Email notifications, you can have those turned on or off. SMS notifications, so text notifications, you can have those on or off. If you do turn them on, it will prompt you to enter your phone number. I always like to note that LifeSpeak never calls you. The only time we're going to text you is if you trigger some sort of event within LifeSpeak to have a text be sent. Typically it's if you're scheduling a class for yourself or you're signing up for an event. You might get a text notification. But again, that's only if you have your SMS notifications turned on. Now, earlier I had mentioned that you can share life with up to five other individuals and that is through the sub accounts tab within your profile. What you'll do is simply click send invite. You'll enter the person's first name, last name, email address, and then you do have to certify that they're at least 14 years of age or older because you do have to be 14 or older to have a profile within LifeSpeak. And one thing I always like to note is like before you shoot out this 'send invitation' button, give them a heads up. Let them know because it is coming as soon as you click send invite, it'll send them their welcome email with their username and their password. So either they need to keep an eye out for that. Sometimes it might get rerouted to junk or maybe they think it is spam and they'll just delete it themselves. So just give them a heads up if you're creating a profile for them.

Next, we're going to hop into topics. I'm going to pop into mental health. All of our topics are laid out the same way, just depending on the type of information that you want to consume that day. So, you'll see the mental health, you'll see a quick little descriptor of that category, and then you'll see additional mental health categories here



as well. If you want to specifically see things about depression, maybe relationships, if you're in neurodiversity, women's health, lots of things to choose from. Here we have our popular mental health videos. We have popular articles and then tip sheets as well as programs and then any upcoming live events that revolve around mental health or whatever topic it is that you're clicked into. I am going to go ahead and hop into a video real quick. All of our videos are structured the same way. So, you have the play button where you can play as a class right away. You can save a class. This is a capability for all of our classes, programs, articles, tip sheets. If you want to save something within your library, you just click this little heart and now it's saved. And I'll cover the library a little later on because there is a way that you can organize all of your saved items. You can see meet the expert. Keith Edwards is a PhD and he's the one who's involved with this video. You can see more videos from Keith. One thing I do like highlighting is maybe you've really found that this video is super beneficial and helpful to yourself. You can always click on Keith's name right here and it's going to take you to all the classes, articles, tip sheets, videos, whatever Keith is involved in with LifeSpeak. You'll see all of his stuff on the screen when you click on him. You'll also see related videos to this topic and any programs that this uh video is featured in and upcoming live events is spread throughout. One thing I also like highlighting is that we do have a schedule functionality. So this is really great if you want to, I don't know, make a recipe plan for yourself. So you schedule out all your recipes for the week and you have that on your calendar. Or if you want to make a fitness program for yourself, you can schedule out all your classes. And it's really easy. Simply select the day you want to schedule that class for. Select the time. I'll do it for after our time together today.

Click next. And now that class is all scheduled for yourself. And I'll show you where you can find all of your scheduled events and classes later on.

We're going to click on out of our topic view and we're going to hop into programs. So, y'all do get 150 points every time you complete a program every single month. One thing I love to highlight is that programs range anywhere from 1 week to 8 weeks in duration. So, it's going to be really achievable for you to complete one program every single month. So, we have our recommended programs up top. Again, that's based on your goal that you set for yourself. And then we have all of our programs here. Now, it might be a little daunting to scroll through every single program, which is why this

filtration tool over to the left here is super helpful to really hone in on what you're looking for. So, let's say I want fitness programs. That's all I want to look into. I just want fitness. And let's say I want a specific cardio, maybe injury prevention. Let's click on that. And you'll see that went from 114 program results down to three, which is so much more manageable to look through. Then you can see the duration of the programs right here. If I click into hip recovery, you can see a quick descriptor of that program. More of a description. For fitness ones, it'll be recommended equipment noted here. For mental health, mindfulness or nutrition programs, you might see expectations, what you can expect to get from this program. Then if you click on program content, you will see the week-by-week, day-by-day breakdown of that specific program. So let's say hip recovery looks like everything I want and then some. I can go ahead and join program. And now we'll see that there is a completion thermometer. So every time I take a class, this will slowly start to fill up. Up next is always the class that's up next. So day one will populate here. Day two, three, so on and so forth. And then just like with classes I noted earlier, you can save programs, you can save articles, all of that gets saved into your library. One thing I also love to highlight is that, okay, we looked up a fitness program. Love that. But let's say I also want a mindfulness program. I really want to hone in and have a holistic wellness experience within LifeSpeak. I'm going to go ahead and select intro to mindfulness, and I can join this program as well. So, we can have multiple programs going on at once. If you want to enroll in 20 programs, we will not stop you. Feel free to do so. But now that we're enrolled in a few programs, you'll see those active programs up top. And then we also have our saved programs here as well. So, if you have a bunch of programs saved, those will all appear here.

Next, we are going to hop into events.

So, within your event page, you're going to see two different things. You're going to see My Events. So, this is everything that you have scheduled out for yourself. Whether it's an actual event that is live-hosted that will appear on your calendar that you've registered or even just classes that you have scheduled for yourself. Those will appear here as well. And then you also have life events. So, these are the monthly events that are hosted that you can register for. You will see May 20th, Getting a Neurodiverse Diagnosis. You can click on event details to see more about this about this specific event and then of course you can always register that for that. You can see that we've

already registered for Digital Balance here with Ashley Golden and Elizabeth Mildova Milovidov.

Next, one thing I do want to highlight, I'm going to go into the nutrition topic because this is a fun little feature that I specifically use for our nutrition classes, but you can use it for a lot of things. First, let's open up, where is it?...let's click on recipes. This is what I specifically use it for, is recipes. If you go ahead and click into creamy chickpea salad, you are going to scroll down a little bit and you will see video resources. If I click on this, it's going to open up a recipe PDF that I can then utilize. I can download. I can print it off. I can save it to my phone, whatever I want. It's a fun little PDF that really hones in on how to create the creamy chickpea salad. So I use this a lot for recipes. There's a lot of other classes that also have additional resources. So, if you ever see that, it's usually PDF that you can download for additional educational content for that class. Another thing I want to...let's hop into mental health...and then we are going to click into an article and let's say you found this article to be extremely beneficial. You love all the content in it, and you want to share it around. If you click on print right here, um there is always the printer option of saving something as a PDF. So now I can take this article and save it as a PDF and I can have this as a PDF. So, I like highlighting these little things that you may not notice right away, but they do exist within LifeSpeak.

Let's close on out of the topics and we are going to head into our library. So, our library is where all of our saved classes, articles, videos, all of that stuff is housed. Currently, it looks like I just have videos saved, but if you have articles, those will be noted by article, so on and so forth. But you can organize all of your saved stuff however you want. So, there's this 'Create New Playlist' button right here. It looks like I have a couple of recipes saved in here. So, I'm going to make a recipe playlist.

Click 'Done'. And now you'll see that recipe playlist right here. Click on 'Manage Playlist'. You'll select the classes that you want to move. Click this 'Move' dropdown. Select 'Recipes'. Select 'Done'. And now we'll see that those have moved from Save for Later to 'Recipes'. So all I have to do is click 'Recipes' and I can see the classes that I moved into 'Recipes'. And then again all of your stuff automatically saves in the save to later playlist. So you can really adjust accordingly however you want. I like to call this



kind of like the Pinterest, if you will, of LifeSpeak. Next we have our Browse History. So you can see things that you have poked in on whether it's a video, article, tip sheets, those will all populate within your Browse History. We have our program history. So this shows you any programs you've completed as well as any programs you're actively partaking in. One thing I love to note is like say you take a program, you finish it, it's in your completed programs, you can still take that program as many times as you want. If you want to Train Your Way to a 5K 10 times in a year, please feel free to do so. I always just like pointing that out because sometimes people think, well, I've already taken this program, I can't take again. You absolutely can. And then we have my activity report, which is actually a brand new feature to LifeSpeak. What it's going to do is you're going to select your start date and your end date. You can adjust this to be whatever time frame you want. If you want to see within the last week, the last month, the last quarter, go ahead and update that accordingly. It does pull month-to-date, run report. And this is where you're going to see all of the things that you have interacted with, whether you've watched a video, you've read an article, it'll appear here. It'll tell you the day, the time, these are links to that actual activity. So, if I wanted to go back to mood boost, it's right here. I know exactly where to find it. And then it'll show you right over here, how long you watched it for, and how many activities you did, as well as the content type. [audio ends]