

Stronger Mind, Healthier Body: Explore Your New Wellness Resource

Presented by Your Plan for Health and LifeSpeak

Recorded May 5, 2026

[Heather] ...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 nutritionists, 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 are 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 from 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 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 LifeSpeak 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 Milovid.

Next, one thing I do want to highlight, I'm going to go into the nutrition topic cause 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 and 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 that for and then how many activities you did as well as the content type.

And let me think if there's anything else that I want to show y'all today.

That's it. I believe that is the end of our web portal tour.

[Heather] That is awesome. Thank you so much for going through that demo, all the nooks and crannies. Really helpful. While you're on that, I'm sorry. Can you go back to that screen? Absolutely. Just wanted to point out for folks, if you are trying to track your or keep track of your minutes just to see where you might be within getting your close to your 20 minutes of weekly time or your monthly watch time. This is a helpful screen. I think the program history could be helpful, but the activity report could also be helpful for folks that are just trying to see, oh, have I reached those 20 minutes yet or how many more minutes do I need to do to get the monthly bonus? We have actually not gotten any questions yet that we need you to address. So, wanted to open it up as we have time for questions and we have the experts here. Please do use the Q&A if you do have outstanding questions. So we do have one about getting points added to your balance automatically. What counts as engaging? So that one point for daily engagement is truly you're in your MediKeeper dashboard. You either click the link in the hamburger menu or you click the tile sends you over to LifeSpeak and that's engaging. So you're going over you know looking at things and uh points are awarded automatically. I can't recall MediKeeper team if there is a one-day delay for the two vendors to talk to each other via files to get those points added but it is pretty near automatic.

Another question, if this is a separate app or just the website. It's, it's both. So you can access LifeSpeak through your desktop. If you're on your MediKeeper platform on your desktop, you can click in and access it through that way. LifeSpeak also does have an app that you can access directly. However, you will need to complete that first login through the desktop through MediKeeper to establish yourself and then you can start using the LifeSpeak direct app. This is a question for you Cayla. Can you delete from your library?

[Cayla] Oh yeah, absolutely. Let me actually show you that functionality. So, we go to playlists and super easy. You just click the little heart button to unsave it.

[Heather] Perfect. I loved that kind of hack of making it a Pinterest board. If people are exploring and just really kind of getting their feet wet and saving a bunch of things, I love that you can create little playlists to really organize yourself so that it isn't just a large smattering of different things you've saved over time.

[Cayla] Yeah. And another great way is like if you meal plan and there's a bunch of recipes that you want specifically set away for certain weeks or months or whatever, you can organize that way, too. I've also seen people create their own running programs. So lots of ways that you guys can organize your library to best suit your needs.

[Heather] That's great. A couple other questions. If you use the app, will the points be added? Yes, but again, just want to reiterate this. To access the Lifespeak app, you really need to go through the MediKeeper portal first. You need to get that first handshake so they know who you are and who to send the points back to. So if you today have never accessed life, don't go to your app store and download it and try to get in that way. First go through MediKeeper to register your account and then you can start using the app.

Waiting to see if some more questions come in. Thank you so much for the questions you've asked. It sounds like there's some excitement. People want to get in, get registered, get going.

There was also a question that came in about what points are available. And I want to remind folks that in your MediKeeper portal on the My Incentives and Rewards page there is a listing there of the points available. So if you missed it what was on the slide, they are also available in the portal. We also have points guides available on the Your Plan for Health website on the HR website. So you'll see the points there in case you need a quick refresher about what points you can get.

We'll give it a few more minutes. Again, we have the experts all here. So, if you have any burning questions, please feel free to type them in the Q&A.

We're getting some kudos in the Q&A. People are excited. They're looking forward to using this.

Give it about one more minute in case anyone has any questions.

More kudos about being able to share it with family. I love that little perk, especially as folks are getting their feet wet and seeing what's available for them. They may see, hey, wow, my spouse would really love this or, you know, my aging parents who want to get into some physical activity, but maybe they need chair physical activity, sharing it with them. I just think there's really something for everyone in all stages. So, it's a great benefit.

One more thing, can you reshuffle how you created your playlist? If you saved several recipes and you wanted to, you know, put them in a certain area.

[Cayla] Absolutely. So, you're going to go down to your library here and then you're automatically on your playlist. And what you'll do is create new playlist. Name it whatever you want.

Go ahead and click done. And then to move stuff, you'll click on this, select or move on the classes you want to move, select the move to, select the playlist you want to move it to, select done, and you'll see that moved. And now it's in here. And then one thing I forgot to actually highlight is there is this little edit option where you can delete the playlist. You can rename the playlist. So there's a lot of flexibility on how you have things set up.

[Heather] Awesome.

Last call for questions.

All right, it doesn't look like we have any others. Really want to thank you so much again for demoing this. This is such an exciting new resource for our folks. Really truly something for everyone and added perk you can get points towards your program, your Your Plan for Health program.

[Cayla] Yeah. Thank you all so much for having us today.

[Heather] Yes. Okay. One more. Sorry, one more.

[Cayla] No worries.

[Heather] Yes. So this is just a question for spouses. I believe the question is referencing if they should create their own account within their Your Plan for Health platform versus sending the friends and family. And the answer is yes. So, if your spouse is enrolled in medical, they have access to the Your Plan for Health program, they should be accessing through their MediKeeper dashboard, porting in through either that tile or the hamburger menu. And not using kind of that little friends and family invite. Okay, one more. People are getting excited. Someone wants to see how to go back and select a program.

[Cayla] Yeah. So, easiest way I think, obviously it's all personal preference, select the programs tab up top. This is where you can view all programs. And I will select...let's do athletic performance. And you just select this join program button right here. Again, the program details just explains what the program is about. The content is the actual classes you'll be taking within that program. And then one thing I do like to highlight, let's say you're working on a program and you're just finding it's not meeting your needs, you can always withdraw from a program at any point as well.

[Heather] Awesome. Thank you.

[Cayla] Yeah.

[Heather] Again there's so much here to explore. It does seem very intuitive. Seems like it's very customizable. You can curate really what experience you want. And I love that you can kind of change that at any time. If you're deciding, you know what, I really need to shift my

focus to mindfulness or nutrition. It doesn't take more than a few clicks to kind of reset your view and reset um what programs you're working on.

All right. Well, I'm going to call it a wrap. We don't have any other questions coming in
[audio ends]