

# OSU Health Plan's Buckeye Baby Program

The Buckeye Baby program, offered by the OSU Health Plan as a service of Your Plan for Health, offers a variety of resources to help you and your family on your new journey.

***Individuals must be enrolled in an Ohio State medical plan to participate.***

## Prenatal Webinars

- Live webinar-based discussions that review different pregnancy-related topics. During each session, you will be able to ask questions and share ideas with other parents-to-be, as well as with a nurse and dietitian/health coach. To schedule, visit [linktohealth.osu.edu](http://linktohealth.osu.edu) (Buckeye Baby program).
- Individual telephonic sessions are available as needed. Email [OSUHPBuckeyeBaby@osumc.edu](mailto:OSUHPBuckeyeBaby@osumc.edu) for more information.

## Lactation Support

- Up to six lactation consultations are covered at 100%
- OSU Buckeyes for Breastfeeding support group.
- Complimentary double electric breast pump.

## Postpartum Telephonic Support

- OSU Health Plan parents-to-be have access to support while pregnant through six months postpartum.
- A trusted nurse or a dietitian/health coach will work with you to answer your questions and provide guidance during scheduled telephonic sessions at two weeks, three months and six months postpartum.

## Postpartum Home Visit

- Buckeye Baby delivering parents living in Franklin and contiguous counties will receive a free home visit by a registered nurse shortly after your discharge to make sure your transition to home is going smoothly. The nurse will conduct a clinical check of you and your baby, follow-up on any issues your doctor identified at the time of discharge, and talk with you about adjusting to life changes.

## YP4H Points

- YP4H points are available for participating in the Buckeye Baby program. To learn more, visit [yp4h.osu.edu](http://yp4h.osu.edu).



## Important Reminder

If you plan to cover your baby on the OSU Health Plan, remember that you must complete enrollment **within 30 days of birth**. Contact the Ohio State Office of Human Resources at 614-247-6947 or [hrconnection.osu.edu](http://hrconnection.osu.edu) to learn more.

## Dealing with postpartum depression?

Contact your doctor right away. You can also contact your Employee Assistance Program (EAP) for counseling-related to postpartum concerns. Call (800) 678-6265 or email [eap@osumc.edu](mailto:eap@osumc.edu) to learn more.

Questions? Email [OSUHPBuckeyeBaby@osumc.edu](mailto:OSUHPBuckeyeBaby@osumc.edu) or call customer service at (614) 292-4700, extension 0. More resources are available at [osuhealthplan.com](http://osuhealthplan.com) (click Buckeye Baby under the program and services tab).